

Detailed Program outline for 10-week Facilitator Training

Week 1 – 6/11/19 Starting Strong Onsite	9:30 AM	Welcome, Introductions, Introductory exercise
	10:15 AM	Overview of entire program and of the day, group guidelines, role clarification, and parking lot. NTK. (*Nice to knows)
	11:00 AM	Guiding Principles for the Motherless Daughters Ministry and any Woman's Ministry
	11:45 AM	Completion of the MBTI
	12:15 PM	Reflections at the end of the day Agenda for next class Keep/Change
	12:30 PM	Out the door!
Week 2 – 6/18/19 Your Role as a Facilitator Zoom online	9:30 AM	Welcome, introductions, Opening Exercise: AHAs and insights "Nudge your neighbor" Unanswered questions Overview of day
	10:00 AM	Teaching and Facilitating Adults – An exercise
	10:30 AM	Your Role as a Facilitator -- 12 personal characteristics 1. Courage 2. Willingness to Model 3. Presence 4. Openness 5. Non-defensive behavior in coping with criticism 6. Willingness to seek new experiences 7. Personal Power 8. Stamina 9. Sense of humor 10. Inventiveness 11. Personal dedication and commitment 12. Self-awareness
	11:30 AM	9 Facilitation Skills 1. Active Listening

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		<ol style="list-style-type: none"> 2. Interpreting 3. Linking 4. Confronting 5. Supporting 6. Blocking 7. Modeling 8. Evaluating 9. Terminating
	12:15 PM	<p>Reflections at the end of the day</p> <p>Agenda for next class</p> <p>Keep/Change</p>
	12:30 PM	Done!
Week 3 – 6/25/19 How you can help or hinder a group Onsite	9:30 AM	<p>Welcome, introductions,</p> <p>Opening Exercise: AHAs and insights</p> <p style="padding-left: 40px;">“Nudge your neighbor”</p> <p style="padding-left: 40px;">Unanswered questions</p> <p>Overview of day</p>
	9:45 AM	<p>Background</p> <p>Preferences</p> <p>Predictions and exercises</p> <ul style="list-style-type: none"> • Extraversion/introversion • Sensing/Intuition • Thinking/Feeling • Judging/Perceiving <p>Share and validate</p> <p>Inferior function</p>
	12:15 PM	<p>Reflections at the end of the day</p> <p>Agenda for next class</p> <p>Keep/Change</p>
	12:30 PM	Out the door
Week 4 – 7/9/19 Group Dynamics Onsite	9:30 AM	<p>Welcome, introductions,</p> <p>Opening Exercise: AHAs and insights</p> <p style="padding-left: 40px;">“Nudge your neighbor”</p> <p style="padding-left: 40px;">Unanswered questions</p>

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	9:45 AM	Stages of group development <ul style="list-style-type: none"> • Stage 1 • Stage 2
	10:30 AM	Group exercises on making process interventions
	12:15 PM	Reflections at the end of the day Agenda for next class Keep/Change
	12:30 PM	Out the door
Week 5 – 7/16/19 Group Dynamics cont’d Onsite	9:30 AM	Welcome, introductions, Opening Exercise: AHAs and insights “Nudge your neighbor” Unanswered questions Catching up – review of what we have covered and NTK (*Nice to knows) Group exercise on Active Listening
	11:30 AM	Stages of group development cont’d <ul style="list-style-type: none"> • Stage 3 • Stage 4 • Stage 5
	12:15 PM	Reflections at the end of the day Agenda for next class Keep/Change
	12:30 PM	Out the door
Week 6 – 7/23/19 Dynamics and roles that happen throughout all 5 stages Zoom	9:30 AM	Welcome, introductions, Opening Exercise: AHAs and insights “Nudge your neighbor” Unanswered questions

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	9:45 AM	<ol style="list-style-type: none"> 1. Communications 2. Trust 3. Decision Making 4. Roles <ol style="list-style-type: none"> a. Leadership/Task roles b. Maintenance/process roles c. Dysfunctional roles
	12:15 PM	<p>Reflections at the end of the day</p> <p>Agenda for next class</p> <p>Keep/Change</p>
	12:30 PM	Done
Week 7 – 7/30/19 Being a Motherless Daughters Facilitator Zoom	9:30 AM	<p>Welcome, introductions,</p> <p>Opening Exercise: AHAs and insights</p> <p>“Nudge your neighbor”</p> <p>Unanswered questions</p>
	9:45 AM	<p>What I am asking of you as a Motherless Daughters Facilitator</p> <p>Roles and Responsibilities</p> <p>How do facilitating teams work?</p> <p>Practicums F.I.T. and evaluations</p>
	12:15 PM	<p>Reflections at the end of the day</p> <p>Agenda for next class</p> <p>Keep/Change</p>
	12:30 PM	Done
Week 8 – 8/6/19 Getting Started Onsite	9:30 AM	<p>Welcome, introductions,</p> <p>Opening Exercise: AHAs and insights</p> <p>“Nudge your neighbor”</p> <p>Unanswered questions</p>
	9:45 AM	Getting Started

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	10:45 AM	Pre-Screening Interviews Pre-Screening Interviews Role Plays
	12:15 PM	Reflections at the end of the day Agenda for next class Keep/Change
	12:30 PM	Out the door
Week 9 – 8/13/19 Exploring all of the programs Zoom	9:30 AM	Welcome, introductions, Opening Exercise: AHAs and insights “Nudge your neighbor” Unanswered questions
	9:45 AM	Exploring the Journey Program Exploring the Emotionally Absent Mother Program Exploring the Daughters of the Narcissistic Mother Program Exploring the Road to Forgiveness
	11:45 AM	Reflections at the end of the day Agenda for next class Keep/Change
	12:30 PM	Done
Week 10— 8/20/19 Onsite	9:30 AM	Welcome, introductions, Opening Exercise: AHAs and insights “Nudge your neighbor” Unanswered questions
	9:45 AM	Open discussions with seasoned facilitators Scheduling practicums Making teams
	11:45 AM	Reflections at the end of the day What’s next? Keep/Change
	12:30 PM	Celebration!
		Graduation lunch