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|  | **LPT 25B Syllabus** |
|  | **12-Session *SC Leader* Training**  **17Jun25** |
| #1  17June | **Session 1**  **Introductions and Expectations**  **Summary Sentence**  **This session is designed to welcome participants to the SC Leader Training Program, deliver training expectations, and invite the learning expectations of each of our cohort participants.**  **Activity Summary**  **1. Welcome & Introductions (11:00 AM - 11:25 AM)**   * **11:00 - 11:05 (5 min): Opening Remarks**   + Welcome participants (JT Thorp).   + Introduce the trainers (Sonja and Clay Arnold) and their backgrounds. * **11:05 - 11:20 (15 min): Participant Introductions**   + Each participant shares:     - Name, location, and one reason they joined the training.     - A brief personal or professional detail to foster connection. * **11:20 - 11:25 (5 min): Session Overview**   + Outline today’s agenda.   + Highlight the session’s purpose: setting a strong foundation.   **2. Setting Expectations for the Training (11:25 AM - 11:45 AM)**   * **11:25 - 11:35 (10 min): Training Expectations**   + Review basic guidelines for participation:     - Attendance (Min:10 Sessions), engagement, and completing assignments.     - Respect and confidentiality within the cohort.   + Address any questions or clarifications about the schedule. * **11:35 - 11:45 (10 min): Technology & Materials**   + Ensure participants understand how to navigate online resources (*Student Portal*, videos, assignments).   + Overview of materials, including the **Relational Competency Assessment** and how it will be used throughout training.   **3. Big Picture Overview: What is Safe Conversations? (11:45 AM - 12:15 PM)**   * **11:45 - 12:00 (15 min): Foundational Concepts**   + Discuss the goals and purpose of Safe Conversations (SC).   + Explain how SC improves relationships in various settings (personal and professional). * **12:00 - 12:15 (15 min): Videos & Questions**   + Facilitate a brief Q&A session to clarify the "big picture" of SC.   **4. Relational Competency Assessment Overview (12:15 PM - 12:35 PM)**   * **12:15 - 12:25 (10 min): Introduction to the Assessment**   + Explain the purpose of the **Relational Competency Assessment** as a tool to track progress.   + Walk through its structure and expectations for completion. * **12:25 - 12:35 (10 min): Guided Reflection**   + Invite participants to share initial thoughts or reactions.   + Provide tips for using the assessment as a personal growth tool.   **5. Closing & Next Steps (12:35 PM - 1:00 PM)**   * **12:35 - 12:45 (10 min): Summary & Key Takeaways**   + Recap key points from today.   + Reinforce the importance of consistent participation and engagement. * **12:45 - 12:55 (10 min): Open Forum**   + Allow participants to ask any additional questions. * **12:55 - 1:00 (5 min): Closing Remarks**   + Share what to expect in the next session.   + Encourage participants to complete their video assignments before the next meeting.   **Pre-work Summary for Session 2**  **Video Pre-work for Session 2**  **A2: *The Big Picture***  **A3: *What is Safe Conversations*** |
| #2  24JUN | **Session 2**  **Be It to Lead It**  **Summary Sentence**  **This session is designed to introduce Safe Conversations’ principles and tools along with the two principal delivery modes: Guiding Dialogue and Presenting Dialogue Workshops.  We will also practice some of the dialogue models to make the skills and tools come alive for the first time.**  **Activity Summary**  **1. Welcome & Session Overview (11:00 AM - 11:10 AM)**   * **11:00 - 11:05 (5 min): Opening Remarks**   + Welcome participants and recap key takeaways from the first session.   + Acknowledge any feedback or questions from the previous session. * **11:05 - 11:10 (5 min): Session Objectives**   + Introduce today’s themes:     - *Be It to Lead It*     - 4 Safe Conversations (SC) Tools     - Symbiosis, Differentiation, and Tools for Sustaining Connection   **2. Be It to Lead It (11:10 AM - 11:25 AM)**   * **11:10 - 11:20 (10 min): Presentation**   + Discuss the concept of *Be It to Lead It*:     - Emphasize self-awareness and congruence in facilitating SC.     - Share how embodying SC principles enhances leadership and impact. * **11:20 - 11:25 (5 min): Group Reflection**   + Invite participants to reflect:     - How can practicing SC in their personal lives enhance their ability to lead it?   **3. 4 Safe Conversations Tools (11:25 AM - 11:50 AM)**   * **11:25 - 11:40 (15 min): Presentation**   + Introduce the 4 SC Tools:     1. *Affirmations*     2. *Zero Negativity*     3. *Awareness*     4. *Dialogue (Structured & Free-form)*   + Provide examples of how each tool operates in real-life interactions. * **11:40 - 11:50 (10 min): Discussion**   + Open a conversation on which pillar resonates most and why.   + Discuss challenges participants foresee in practicing the pillars.   **4. Differentiation and the Challenges (11:50 AM - 12:20 PM)**   * **11:50 - 12:10 (20 min): Presentation**   + Define *symbiosis* and its challenges in relationships.   + Explain *differentiation* as the key to healthy connection.   + Highlight how SC tools create and sustain differentiation. * **12:10 - 12:20 (10 min): Q&A**   + Invite questions to deepen understanding of these concepts.   **5. Breakouts: Appreciation Dialogue Practice (12:20 PM - 12:50 PM)**   * **12:20 - 12:25 (5 min): Introduction to the Exercise**   + Explain the *Appreciation Dialogue* Demo * **12:25 - 12:40 (15 min): Breakout Groups**   + Divide participants into pairs Practice the Short *Appreciation Dialogue*. * **12:40 - 12:50 (10 min): Debrief**   + Return to the main group and discuss: What was your experience?   **6. Preparing for the Next Session (12:50 PM - 1:00 PM)**   * **12:50 - 12:55 (5 min): Assignments & Expectations**   + Review upcoming materials and videos for the next session.   + Share how these materials connect to the next topics.   + Encourage them to download the slides, guide and demo video 1.   + They will be encouraged to share a few slides if they are comfortable doing so. * **12:55 - 1:00 (5 min): Closing Remarks**   + Reinforce key takeaways from the session.   + Encourage participants to integrate today’s learning into their daily interactions.   **Pre-work Summary for Session 3**  **Practice Exercise**  Encourage participants to integrate today’s learning into their daily interactions.  Download from *Student Portal* and review *Appreciation Dialogue Guide.*  **Video Pre-work for Session 3**  **B3: *How to Facilitate Safe Conversations***  B3.5: *Going Deeper into Facilitating SC Dialogue*  **B4: *Facilitating the Sharing An Appreciation Dialogue*** |
| #3  01Jul | **Session 3**  **Guided Dialogue Basics**  **Summary Sentence**  **This session emphasizes the fundamentals of the first of two delivery modes: Guiding Dialogue, by practicing guiding the *Appreciation Dialogue* *Guide* in triads. Participants will rotate roles to gain hands-on experience as the Sender, Receiver, and Facilitator.**  **Activity Summary**  **1. Welcome & Session Overview (11:00 AM - 11:10 AM)**   * **11:00 - 11:05 (5 min): Opening Remarks**   + Welcome participants and introduce the session focus.   + Highlight the importance of Guided Dialogue skills for Safe Conversations leaders. * **11:05 - 11:10 (5 min): Objectives Overview**   + Introduce four Dialogue Guides   + Practice the **Appreciation Dialogue** in Triads   + Develop confidence in guiding the process as a facilitator.   + Reflect on the experience of each role.   **2. Introduction to Guided Dialogue (11:10 AM - 11:25 AM)**   * **11:10 - 11:20 (10 min): Review Key Elements**   + Sender: Expresses appreciation clearly and specifically.   + Receiver: Mirrors, validates, and empathizes with the sender’s words.   + Facilitator: Guides the process, ensures structure, and supports both participants.   + What Facilitation is and what it is not * **11:20 - 11:25 (5 min): Instructions for Triad Practice**   + Explain how the practice will be structured:     - Participants are grouped into triads.     - Each person rotates through the roles of **Sender**, **Receiver**, and **Facilitator**.     - Time allocation per round (~8 minutes for dialogue + 2 minutes for feedback).   **3. Triad Practice: Appreciation Dialogue (11:25 AM - 12:35 PM)**   * **11:25 - 12:35 (70 min): Rotational Practice**   + Break participants into triads in breakout rooms (or small groups if in person).   + Each triad conducts three rounds of the **Appreciation Dialogue**, rotating roles:     - **Round 1**: Participant A is Sender, B is Receiver, C is Facilitator.     - **Round 2**: Participant B is Sender, C is Receiver, A is Facilitator.     - **Round 3**: Participant C is Sender, A is Receiver, B is Facilitator.   + Trainers monitor breakout rooms to observe and offer guidance as needed.   **4. Group Debrief & Reflection (12:35 PM - 12:55 PM)**   * **12:35 - 12:50 (15 min): Guided Discussion**   + Facilitate a group reflection on the experience:     - How did it feel to take each role?     - What was challenging about facilitating?     - Any key takeaways or insights? * **12:50 - 12:55 (5 min): Trainer Feedback**   + Summarize observations from triad practices.   + Share tips for strengthening facilitation skills.   **5. Closing & Next Steps (12:55 PM - 1:00 PM)**   * **12:55 - 1:00 (5 min): Wrap-Up**   + Thank participants for their active participation.   + Assign follow-up practice:     - Facilitate an *Appreciation Dialogue* with a friend, family member, or colleague before the next session.   **Pre-work Summary for Session 4**  **Practice Exercise**  Facilitate an *Appreciation Dialogue* with a friend, family member, or colleague before the next session.  **Video Pre-work for Session 4**  B5: *Facilitating the Affirmation Dialogue*  B6: *Facilitating the Frustration Dialogue*  B7: *Facilitating the Past Challenge Dialogue* |
| #4  08JUl | **Session 4**  **Guided Dialogue Basics: Practicing the Frustration Dialogue**  **Summary Sentence**  **This session builds facilitation skills by practicing the *Frustration Dialogue Guide* in triads. Participants will rotate roles to gain experience as the Sender, Receiver, and Facilitator, navigating a structured process for addressing frustrations constructively.**  **Activity Summary**  **Focus:**  **1. Welcome & Session Overview (11:00 AM - 11:10 AM)**   * **11:00 - 11:05 (5 min): Opening Remarks**   + Welcome participants and introduce the session’s focus.   + Emphasize the importance of handling frustrations constructively and the facilitator's role in creating a safe space. * **11:05 - 11:10 (5 min): Objectives Overview**   + Practice the **Frustration Dialogue** Facilitation structure.   + Develop confidence in guiding this process as a facilitator.   + Reflect on the experience and key insights from each role.   **2. Introduction to the Frustration Dialogue (11:10 AM - 11:25 AM)**   * **11:10 - 11:20 (10 min): Review Key Elements of the Frustration Dialogue**   + Sender: Expresses a frustration using the structured format:   + Receiver: Mirrors, validates, and empathizes.   + Facilitator: Guides the process giving the sentence stems * **11:20 - 11:25 (5 min): Instructions for Triad Practice**   + Explain how the practice will be structured:     - Participants are grouped into triads.     - Each person rotates through the roles of **Sender**, **Receiver**, and **Facilitator**.     - Allocate ~12 minutes per dialogue + 2 minutes for feedback.   **3. Triad Practice: Frustration Dialogue (11:25 AM - 12:35 PM)**   * **11:25 - 12:35 (70 min): Rotational Practice in Breakout Rooms**   + Each triad conducts three rounds of the **Frustration Dialogue**, rotating roles:     - **Round 1**: Participant A is Sender, B is Receiver, C is Facilitator.     - **Round 2**: Participant B is Sender, C is Receiver, A is Facilitator.     - **Round 3**: Participant C is Sender, A is Receiver, B is Facilitator.   + Trainers monitor breakout rooms (or groups if in person) to observe and provide guidance.   **4. Group Debrief & Reflection (12:35 PM - 12:55 PM)**   * **12:35 - 12:50 (15 min): Guided Discussion**   + Facilitate a group discussion on the practice experience:     - How did it feel to express and hear frustrations?     - What challenges arose while facilitating?     - What strategies were helpful for keeping the dialogue constructive? * **12:50 - 12:55 (5 min): Trainer Feedback**   + Share general observations and tips for improving facilitation skills during the Frustration Dialogue.   **5. Closing & Next Steps (12:55 PM - 1:00 PM)**   * **12:55 - 1:00 (5 min): Wrap-Up**   + Thank participants for their effort and engagement.   + Assign follow-up practice:     - Facilitate a *Frustration Dialogue* with someone outside of class to apply the skills learned.   **Pre-work Summary for Session 5**  **Practice Exercise**  Facilitate a *Frustration Dialogue* with someone outside of class to apply the skills learned.  Download from *Student Portal*, *Materials* section:      1) *Safe Conversations’ Dialogue Workshop* PowerPoint Slide Deck      2) *Safe Conversations’ Dialogue Workshop* Leader Guide  Practice presenting *Safe Conversations’ Dialogue Workshop* Slides 1-33.  Take note of any areas or content that requires additional explanation.  **Video Pre-work for Session 5**  **A4: *A Discussion About the Brain***  A6: *Mirroring*  A10: *Understanding Difference* |
| #5  15Jul | **Session 5**  **Safe Conversations’ Dialogue Workshop (SCDW) 1**  **Summary Sentence**  **This session will review the first third of the Safe Conversations’ Dialogue Workshop, previewing the slides and notes pages.  Participants will begin practicing their Workshop Presentation skills by demonstrating a small (8-10) collection of slides from the first third of the workshop in front of a safe, supportive cohort audience.**  **Activity Summary**  **Slides 1–33** with time for participant practice.  **1. Welcome & Session Overview (11:00 AM - 11:10 AM)**   * **11:00 - 11:05 (5 min): Opening Remarks**   + Welcome participants and recap key takeaways from the last session.   + Reinforce the importance of practice in mastering presentation facilitation skills. * **11:05 - 11:10 (5 min): Session Objectives**   + Highlight today’s focus:     - Review and teach *Slides 1–33*.     - Provide participants with opportunities to practice presenting.   **2. Trainer Demonstration: Slides 34–68 (11:10 AM - 11:40 AM)**   * **11:10 - 11:40 (30 min): Trainer-Led Walkthrough**   + Present *Slides 1–22*, demonstrating effective facilitation techniques:     - Smooth transitions between slides.     - Engaging the audience with questions or activities.     - Highlighting key messages and timing.   **3. Participant Practice: Teaching Slides 1–33 (11:40 AM - 12:40 PM)**   * **11:45 - 12:40 (55 min): Practice Presentations**   + Participants take turns presenting portions of *Slides 1–33*.   + Each participant is allotted approximately 5–7 minutes to practice their portion.   **4. Group Debrief & Discussion (12:40 PM - 12:55 PM)**   * **12:40 - 12:50 (10 min): Reflective Discussion**   + Ask participants:     - What felt most natural or challenging about presenting?     - What insights did they gain from observing peers?   + Highlight key themes or areas for improvement. * **12:50 - 12:55 (5 min): Trainer Feedback**   + Share observations and tips to refine presentations further.   **5. Closing & Preparation for Next Steps (12:55 PM - 1:00 PM)**   * **12:55 - 1:00 (5 min): Wrap-Up**   + Reinforce the importance of continued practice for mastery.   + Preview the next session and assign any preparatory tasks.   + Next week we will look at Slides 34-68.   **Pre-work Summary for Session 6**  **Practice Exercise**  Practice presenting Safe Conversations’ Dialogue Workshop Slides 34-68.Take note of any areas or content that requires additional explanation.  **Video Pre-work for Session 6**  **A13: *The Price of Affirmation***  A8: *Zero Negativity*  A12: *How the Past Impacts Our Relationships: Childhood Challenges* |
| #6  22Jul | **Session 6**  **Safe Conversations’ Dialogue (SCDW) Workshop 2**  **Summary Sentence**  **This session will review the middle third of the Safe Conversations’ Dialogue Workshop, previewing the slides and notes pages.  Participants will continue practicing their Workshop Presentation skills by demonstrating a small (8-10) collection of slides from the middle third of the workshop in front of a safe, supportive cohort audience.**  **Activity Summary**  **Slides 34–68** with time for participant practice.  **1. Welcome & Session Overview (11:00 AM - 11:10 AM)**   * **11:00 - 11:05 (5 min): Opening Remarks**   + Greet participants and acknowledge progress so far.   + Highlight the focus on mastering *Slides 34–68* and refining presentation skills. * **11:05 - 11:10 (5 min): Session Objectives**   + Outline goals:     - Trainer presentation of *Slides 34–68*.     - Hands-on participant practice.     - Constructive feedback and group reflection.   **2. Trainer Demonstration: Slides 34–68 (11:10 AM - 11:40 AM)**   * **11:10 - 11:40 (30 min): Trainer-Led Walkthrough**   + Present *Slides 34–68*, demonstrating effective facilitation techniques:     - Smooth transitions between slides.     - Engaging the audience with questions or activities.     - Highlighting key messages and timing.   **3. Participant Practice: Teaching Slides 34–68 (11:40 AM - 12:40 PM)**   * **11:40 - 11:45 (5 min): Setup**   + Brief participants on expectations for presenting the full deck cohesively.   + Set up any necessary technology or materials. * **11:45 - 12:40 (55 min): Practice Presentations**   + Each participant is given ~5–7 minutes to practice a portion of the deck.   + Trainers and peers observe and provide real-time feedback.   **4. Group Debrief & Reflection (12:40 PM - 12:55 PM)**   * **12:40 - 12:50 (10 min): Reflective Discussion**   + Facilitate a group discussion:     - What felt easier or harder compared to the previous session?     - What strategies worked well during presentations?   + Encourage sharing of tips or techniques participants found helpful. * **12:50 - 12:55 (5 min): Trainer Feedback**   + Highlight strengths observed during the session.   + Offer actionable suggestions for improvement.   **5. Closing & Preparation for Next Steps (12:55 PM - 1:00 PM)**   * **12:55 - 1:00 (5 min): Wrap-Up**   + Reiterate the importance of continued practice.   + Preview the next session’s content and any assigned tasks.   + Next week we will look at Slides 69-102.   **Pre-work Summary for Session 7**  **Practice Exercise**  **Practice presenting Safe Conversations’ Dialogue Workshop Slides 69-102.** Take note of any areas or content that requires additional explanation.  **Video Pre-work for Session 7**  **A9: *Validation***  A11: *Empathy* |
| #7  29 Jul | **Session 7**  **Safe Conversations’ Dialogue Workshop (SCDW) 3**  **Summary Sentence**  **This session will review the final third of the *Safe Conversations’ Dialogue Workshop*, previewing the slides and notes pages.  Participants will continue practicing their Workshop Presentation skills by demonstrating a small (8-10) collection of slides from the final third of the workshop in front of a safe, supportive cohort audience.**  **Activity Summary**  **Slides 69-102** with time for participant practice.  **1. Welcome & Session Overview (11:00 AM - 11:10 AM)**   * **11:00 - 11:05 (5 min): Opening Remarks**   + Welcome participants and commend their progress.   + Set a positive tone for the final section of the Teaching Workshop. * **11:05 - 11:10 (5 min): Session Objectives**   + Emphasize today’s focus:     - Participant-led practice.     - Group feedback and reflection.   **2. Trainer Demonstration: Slides 69–102 (11:10 AM - 11:40 AM)**   * **11:10 - 11:40 (30 min): Trainer-Led Walkthrough**   + Deliver a seamless presentation of *Slides 69–100*, modeling:     - Effective transitions.     - Audience engagement strategies.     - Key points to emphasize in each section.   **3. Participant Practice: Teaching Slides 69–102 (11:40 AM - 12:40 PM)**   * **11:40 - 11:45 (5 min): Setup**   + Review the importance of practicing as a cohesive group.   + Ensure all participants are prepared to present. * **11:45 - 12:40 (55 min): Practice Presentations**   + Participants take turns presenting *Slides 69–100*.   + Each participant gets ~5–7 minutes to lead their assigned portion.   + Trainers and peers provide immediate feedback after each presenter.   **4. Group Debrief & Reflection (12:40 PM - 12:55 PM)**   * **12:40 - 12:50 (10 min): Reflective Discussion**   + Facilitate a discussion on the experience of presenting the final slides:     - What worked well?     - What challenges arose?     - Any new insights gained from this section? * **12:50 - 12:55 (5 min): Trainer Feedback**   + Summarize key strengths and areas for growth.   + Provide encouragement for continued practice.   **5. Closing & Next Steps (12:55 PM - 1:00 PM)**   * **12:55 - 1:00 (5 min): Wrap-Up**   + Congratulate participants on completing all 102 slides.   + Share next session details and assignments (e.g., full-deck review or integration exercises).   **Pre-work Summary for Session 8**  **Practice Exercise**  **Review** *Safe Conversations’ Dialogue Workshop* **Slides 1-102 for an expanded practice presentation and Dialogue Workshop presentation certification.  Select your choice of slides for a 20-minute presentation.**  **Rehearse your presentation and your technology to ensure that you can comfortably lead SCDW content via the web, navigate slides, share Zoom screen, scan Zoom Chat window, etc.** |
| #8  05Aug | **Session 8**  **Presentation Practice and Workshop Certification**  **Summary Sentence**  **This session will support continued practice of expanded collections (18-20) slides before a safe, supportive cohort audience.  Those participants who are ready can use this opportunity to submit their expanded practice demonstration for certification—and become certified to present the *Safe Conversations’ Dialogue Workshop*.**  **Activity Summary**  This session focuses on assessing and certifying participants' ability to present a selected 20-minute workshop segment.  **1. Welcome & Session Overview (11:00 AM - 11:10 AM)**   * **11:00 - 11:05 (5 min): Opening Remarks**   + Welcome participants and highlight the importance of practice and assessment in building confidence and mastery. * **11:05 - 11:10 (5 min): Session Objectives**   + Outline the session’s goals:     - Deliver a 20-minute workshop segment.     - Practice technical skills (e.g., screen sharing and slide navigation).     - Receive feedback to refine presentation delivery.     - Earn Workshop Presentation certification.   **2. Instructions & Preparation (11:10 AM - 11:20 AM)**   * **11:10 - 11:15 (5 min): Setting Expectations**   + Explain the flow of the practice:     - Each participant will present a chosen 10-minute segment of the workshop.     - Trainers and peers will observe and provide feedback.   + Remind participants to focus on:     - Clear and engaging delivery.     - Smooth navigation through the slides.     - Managing time effectively. * **11:15 - 11:20 (5 min): Technical Setup**   + Ensure everyone can share their screen and navigate the slides.   + Resolve any technical issues before practice begins.   **3. Participant Presentations (11:20 AM - 12:40 PM)**   * **11:20 - 12:40 (80 min): Presentations and Feedback**   + Each participant delivers their chosen 10-minute segment.   + Allotted time per participant:     - **10 minutes**: Presentation.     - **5 minutes**: Feedback from trainers and peers.   + Trainers provide constructive, actionable feedback on:     - Slide delivery and engagement.     - Content clarity and timing.     - Technical proficiency (screen sharing, transitions).   **4. Group Debrief & Reflection (12:40 PM - 12:55 PM)**   * **12:40 - 12:50 (10 min): Group Discussion**   + Ask participants to share:     - What felt most comfortable during their presentation?     - What areas do they feel they need to improve?     - Any challenges they encountered with technology or delivery. * **12:50 - 12:55 (5 min): Trainer Highlights**   + Summarize common strengths and areas for improvement observed during presentations.   + Offer tips for refining delivery before the next session.   **5. Closing & Next Steps (12:55 PM - 1:00 PM)**   * **12:55 - 1:00 (5 min): Wrap-Up**   + Congratulate participants on their progress and practice.   + Assign preparation tasks for the next session:     - Review feedback and refine the chosen segment for future presentations.   **Pre-work Summary for Session 9**  **Practice Exercise**  **Review feedback and refine the chosen segment for future presentations.**  **Video Pre-work for Session 9**  **B10: *Safe Conversations in Groups*** |
| #9  12Aug | **Session 9**  **Safe Conversations for Groups**  **Summary Sentence**  **This session introduces Safe Conversation Dialogue skills to group conversations such as team meetings and other multi-person events.**  **Activity Summary**  **Focus:** This session provides participants with hands-on experience facilitating Safe Conversations in a group setting. Emphasis will be placed on creating a safe and inclusive space, managing group dynamics, and applying facilitation skills in a larger context.  **1. Welcome & Overview (11:00 AM - 11:10 AM)**   * **11:00 - 11:05 (5 min): Opening Remarks**   + Welcome participants and set the tone for practicing group facilitation.   + Emphasize the importance of fostering connection, safety, and curiosity in group settings. * **11:05 - 11:10 (5 min): Objectives Overview**   + Practice facilitating Safe Conversations in a group environment.   + Develop skills to manage diverse group dynamics.   + Reflect on the experience to identify strengths and areas for improvement.   **2. Key Group Facilitation Principles (11:10 AM - 11:25 AM)**   * **11:10 - 11:20 (10 min): Review Core Principles**   + Create a safe, nonjudgmental environment.   + Encourage curiosity over criticism.   + Balance participation to ensure all voices are heard.   + Use active listening and mirroring to validate group members. * **11:20 - 11:25 (5 min): Instructions for Group Practice**   + Participants will take turns facilitating small group discussions, using Safe Conversations principles and tools.   + Trainers will provide scenarios or prompts to guide the practice.   **3. Group Facilitation Practice (11:25 AM - 12:35 PM)**   * **11:25 - 12:35 (70 min): Breakout Groups for Practice**   + Split participants into small groups (4–6 people per group).   + Each participant takes a 10-minute turn facilitating a group discussion.   + Suggested prompts for practice:     - "Share one thing you appreciate about someone in your life."     - "What’s a frustration you’ve encountered recently, and how did you handle it?"     - "Describe a recent moment when you felt deeply connected with someone."   + Trainers monitor breakout groups, offering feedback and support as needed.   **4. Group Debrief & Reflection (12:35 PM - 12:55 PM)**   * **12:35 - 12:50 (15 min): Guided Reflection**   + Facilitate a full-group discussion:     - What felt most natural while facilitating?     - What challenges did you encounter?     - How did the group respond to your facilitation?   + Encourage participants to share insights and ask questions. * **12:50 - 12:55 (5 min): Trainer Feedback**   + Share general observations on effective group facilitation techniques.   + Highlight strategies for improving group dynamics and engagement.   **5. Closing & Next Steps (12:55 PM - 1:00 PM)**   * **12:55 - 1:00 (5 min): Wrap-Up**   + Acknowledge participants’ effort and growth.   + Assign follow-up practice:     - Facilitate a short group discussion or meeting in your personal or professional life using Safe Conversations principles.   **Pre-work Summary for Session 10**  **Practice Exercise**  **1. Facilitate a short group discussion or meeting in your personal or professional life using Safe Conversations principles.**  **2. Reflect on your vision:**  **How will you introduce Safe Conversations to your family, workplace, community?  Who will benefit most from this work?**  **3. Bring any questions about planning, teaching, or marketing your SC Dialogue Workshops to the next session.** |
| #10  19AUG | **Session 10**  **Presenting Your First Workshop**  **Summary Sentence**  **This session will share tips, techniques, and best practices to help prepare each participant for a successful first *Safe Conversations’ Dialogue Workshop* Presentation.**  **Activity Summary**  *How do you want to bring this to the world?*  **1. Welcome & Setting the Tone (11:00 AM - 11:10 AM)**   * **Warm-Up Activity:** Reflection question: *“What excites you most about sharing this work?”* (Participants share in pairs or a brief round-robin.) * **Overview of Session:** Brief outline of the goals for the session:   1. Workshop preparation.   2. Teaching your first workshop.   3. Marketing materials.   **2. Workshop Preparation (11:10 AM - 11:35 AM)**   * **Discussion Prompt:** *“What are the key components of a successful workshop?”* (Brainstorm and discuss as a group.) * **Activity:** Small group breakout to outline a potential workshop:   + Identify target audience.   + Choose workshop objectives.   + List necessary materials and resources. * **Tips & Best Practices:** Share a checklist for preparation:   + Venue setup (in-person or virtual).   + Managing time effectively.   + Preparing materials and technology.   **3. Teaching Your First Workshop (11:35 AM - 12:05 PM)**   * **Presentation:** Key skills for facilitating workshops:   + Engaging with your audience.   + Managing group dynamics.   + Using the SC Dialogue Workshop Slide Deck effectively. * **Q&A:** Open floor for questions about teaching.   **4. Marketing Materials (12:05 PM - 12:45 PM)**   * **Presentation:** How to promote your workshop:   + Crafting a compelling message.   + Using social media and email marketing.   + Designing flyers and digital materials. * **Group Activity:** Review and provide feedback on a sample marketing flyer. * **Discussion Prompt:** *“What strategies have worked for you in other contexts?”* * *“What strengths will you draw on to connect with your audience?”*   **5. Wrap-Up & Action Steps (12:45 PM - 1:00 PM)**   * **Summary of Key Takeaways:**   1. Preparing for a workshop with intention.   2. Building confidence as a first-time teacher.   3. Leveraging marketing to reach your audience. * **Action Plan:** Each participant outlines 1-2 steps they will take to prepare for their first workshop. * **Closing Reflection:** Share one word or phrase describing how participants feel about bringing this work to the world.   **Pre-work Summary for Session 11**  **Practice Exercises**  **1. Download resources:       *Crafting Your Story* Guide       *Before & After Story* Template**  **2. Reflect on your dialogue journey.  Consider how Safe Conversations has impacted aspects of your life or work/practice.  Identify key moments before and after incorporating Safe Conversations into your conversation interactions.**  **3. Outline your Pre-Workshop preparation routine in advance of presenting your first workshop.**  **Video Pre-work for Session 11**  **A7: *Safe Conversations: A Relational Science*** |
| # 11  26AUG | **Session 11**  **Review and Sharing Your SC Story**  **Summary Sentence**  **This session will discuss, identify, and practice elements of each participants’ Safe Conversation Story, a descriptive narrative tool used to relay the transformative effects of Safe Conversations to the members of SC Leader audiences.**  **Activity Summary**  This session focuses on why sharing your SC story is so important for the audience as well as practices presenting it.  **00:00–00:10 (10 mins)** — **Welcome & Check-In**   * Warm welcome * Brief overview of the session’s purpose * Quick check-in prompt: “In one word, what’s been most impactful about SC for you so far?”   **00:10–00:30 (20 mins)** — **Discuss the Video: A Relational Science**   * Group discussion:   + What stood out to you?   + How does this connect to your understanding of Safe Conversations?   + How does this science show up in your own relationships?   **00:30–00:45 (15 mins)** — **High-Level Review**   * Brief recap of key concepts from the program so far:   + Zero Negative   + Dialogue Process   + Brain science behind connection   + Role of mirror neurons/empathy * Invite 1–2 voices to reflect: What’s a concept that’s stuck with you the most?   **00:45–01:05 (20 mins)** — **Explore the Benefits of Sharing Stories**   * Why stories matter: connection, resonance, transformation * Share examples of short, powerful transformation stories (1–2 minutes each) * Optional breakout or partner share: “What story helped shift your own understanding of Safe Conversations?”   **01:05–01:15 (10 mins)** — **Explore the Impact of Safe Conversations in Your Life**   * Group discussion or small groups:   + Personal “aha” moments   + Unexpected transformations   + Where are you still growing?   **01:25–01:50 (25 mins)** — **Craft Your “Before and After” Story**   * Brief instruction: What makes a compelling before/after story?   + Keep it personal   + Use specific moments   + Emphasize emotional shift, insight, or healing * Guided writing time (~10–12 mins) * Invite 2–3 volunteers to share, if time allows   **01:50–02:00 (10 mins)** — **Wrap-Up & What’s Next**   * Encourage participants to refine and polish their story for next week’s share-out * Remind them of next session’s focus (sharing their transformation stories) * Close with a reflection question:   + “What’s one word or phrase you want to carry forward from today’s session?”   **Pre-work Summary for Session 12**  **Practice Exercises**  **Set a goal to share your story in a specific context within the next month.**  **Video Pre-work for Session 12**  B8: *Using Safe Conversations With People Who Don’t Know It*  B11: *The Goal: Relational Competency* |
| #12  02 SEP | **Session 12**  **Celebration, Sharing Your Story & Next Steps**  **Summary Sentence**  **This session will celebrate the achievements of each participant within the 12-week SC Leader Training Program and help answer final questions, share our stories, set expectations and guide next steps for the weeks and months ahead.**  **Activity Summary**  *Celebrating your success and positioning you for early success.* ****00:00–00:10 (10 mins) — Warm Welcome & Grounding****  * Welcome everyone to their final session * Acknowledge the journey they’ve taken and set a tone of celebration * Grounding prompt: “What’s one word that captures your journey over the past 12 weeks?”  ****00:10–00:40 (30 mins) — Share Our Relational Stories****  * Invite participants to share their **“Before and After” stories** (about 5 minutes each) In break out rooms or all together * Emphasize listening with curiosity and celebration — these are not performance-based but connection-centered * Affirm after each story with brief feedback or a group clap/snap/thumbs up  ****00:40–01:00 (20 mins) — Feedback for the Training****What did you like about the trainingWhat would you like more ofWhat would you like less of****01:00–01:20 (20 mins) — Relook at Your Relational Competencies****  * Bring back the **Relational Competency Assessment** from session one * Ask: “Where do you see the most growth in yourself?” * Invite brief sharing: “Which competency are you still growing into?” * Optional journal reflection or breakout: “What competency do you want to model in your community?”  ****01:20–01:35 (15 mins) — Final Q&A + Reflections****  * Open the floor for:   + Final clarifying questions about certification, next steps, or content   + Reflections from the heart: “What are you taking with you from this experience?”  ****01:35–01:55 (20 mins) — Look at Next Steps****  * Becoming an SC Leader: recap criteria and next steps * Opportunities available:   + Hosting Dialogue Workshops   + Co-facilitating events   + The Training Portal   + Connecting At Work and Leader + * Share resource links, SC branding guidelines, and where to access materials * Encourage scheduling a 1:1 to plan launch strategy  ****01:55–02:00 (5 mins) — Closing Celebration****  * Final thoughts from facilitators: encouragement, vision, and heartfelt appreciation * Group send-off:   + Group cheer, screen shot, “I Am a Safe Conversations Leader” affirmation \ * We are Wonderful!! |