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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*** |
| #301Jul | **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* |
| #408JUl | **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 GuidePractice 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* |
| #515Jul | **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* |
| #622Jul | **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* |
| #729 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.** |
| #805Aug | **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*** |
| #912Aug | **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.** |
| #1019AUG | **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* |
| #1202 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!!
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