Facilitator In-Person Training Agenda

LOCATION

Day One – DATE

|  |  |
| --- | --- |
| 8:00-9:00AM | Welcome, housekeeping and introductions |
| 9:00-9:10AM | Training expectations |
| 9:10-9:20AM | Review workshop agenda and objectives |
| 9:20-9:35AM | Background, research, key elements and fidelity |
| 9:35-9:55AM | Causes and consequences of falls/balance |
| 9:55-10:10AM | BREAK - 15 minutes |
| 10:10-10:55AM | Introduction to the Stepping On manual, toolkit and time management |
| 10:55-11:05AM | Working with groups |
| 11:05-11:20AM | Self-efficacy: building confidence/community safety |
| 11:20-11:40AM | Brainstorming: pros and cons of regular exercise activity |
| 11:40AM-12:15PM | LUNCH – 35 minutes |
| 12:15-1:45PM | Balance and strength role play – learning the exercises |
| 1:45-2:00PM | The display |
| 2:00-2:40PM | Home hazards and adult learning activity |
| 2:40-2:55PM | BREAK – 15 minutes |
| 2:55-3:10PM | The use of storytelling in Stepping On |
| 3:10-3:50PM | Applying the Decision-Making Framework: The Preventive Framework |
| 3:50-4:15PM | Homework, overview of day 1, practice facilitation #1 assignments |

Day Two – DATE

|  |  |
| --- | --- |
| 8:00-8:20AM | Welcome and homework follow-up |
| 8:20-8:50AM | Exercise practice |
| 8:50-9:20AM | Video Segments: Stepping On and community safety |
| 9:20-9:35AM | Home visit and booster session |
| 9:35-9:50AM | BREAK - 15 minutes |
| 9:50-10:20AM | Finding and preparing guest experts |
| 10:20-10:50AM | Managing guest experts |
| 10:50AM-11:20PM | Using the Preventive Framework with a falls story |
| 11:20-11:55AM | LUNCH – 35 minutes |
| 11:55AM-12:55PM | *Immersion Process:* practicing facilitating a Stepping On segment #1 - session 5 |
| 12:55-1:10PM | Debrief/feedback from practice facilitation #1 |
| 1:10-1:30PM | Falls quiz in large group |
| 1:30-1:45PM | BREAK - 15 minutes |
| 1:45-2:00PM | Working as a team, what is a peer facilitator |
| 2:00-2:30PM | Marketing and recruitment, resources and getting started and connecting to your community |
| 2:30-3:00PM | Using the Preventive Framework with a safety strategy |
| 3:00-3:25PM | Practice facilitation #2 assignments, homework and review |

Day Three – DATE

|  |  |
| --- | --- |
| 8:00-8:15AM | Welcome and questions |
| 8:15-9:45AM | *Immersion Process*: practice facilitation #2 and debrief |
| 9:45-10:45AM | *Immersion Process:* exercise review |
| 10:45-11:00AM | BREAK – 15 minutes |
| 11:00-11:30AM | Key elements quiz individually |
| 11:30-11:40AM | Review key elements quiz |
| 11:40-11:50AM | How to make Stepping On FUN! |
| 11:50AM-12:05PM | Review training expectations, final thoughts |
| 12:05-12:20PM | Closing: adjourn, certificates and training evaluation |