Facilitator Virtual Training Agenda

Day One – DATE

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| 8:30-9:30AM | Welcome, housekeeping and introductions  |
| 9:30-9:40AM | Training expectations  |
| 9:40-9:50AM | Review workshop agenda and objectives  |
| 9:50-10:05AM | Background, research, key elements and fidelity  |
| 10:05-10:25AM | Causes and consequences of falls/balance |
| 10:25-10:40AM | BREAK - 15 minutes |
| 10:40-11:25AM | Introduction to the Stepping On manual, toolkit and time management  |
| 11:25-11:35AM | Working with groups |
| 11:35AM-12:20PM | LUNCH – 45 minutes |
| 12:20-2:05PM | Balance and strength role play – learning the exercises  |
| 2:05-2:25PM | Brainstorming: pros and cons of regular exercise activity |
| 2:25-2:40PM | BREAK – 15 minutes |
| 2:40-2:55PM | Self-efficacy: building confidence/community safety  |
| 2:55-3:40PM | Applying the Decision-Making Framework: The Preventive Framework  |
| 3:40-4:00PM | Homework, overview of day 1, practice facilitation #1 assignments  |

Day Two – DATE

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| 8:30-8:45AM | Welcome and homework follow-up  |
| 8:45-9:15AM | Exercise practice |
| 9:15-9:30AM | The display |
| 9:30-10:10AM | Home hazards and adult learning activity  |
| 10:10-10:25AM | The use of storytelling in Stepping On |
| 10:25-10:40AM | BREAK - 15 minutes |
| 10:40-11:10AM | Finding and preparing guest experts  |
| 11:10-11:40AM | Managing guest experts  |
| 11:40AM-12:10PM | Using the Preventive Framework with a falls story |
| 12:10PM-12:55PM | LUNCH – 45 minutes |
| 12:55-1:55PM | *Immersion Process:* practicing facilitating a Stepping On segment #1 - session 5   |
| 1:55-2:10PM | Debrief/feedback from practice facilitation #1  |
| 2:10-2:25PM | BREAK - 15 minutes |
| 2:25-2:45PM | Falls quiz in large group |
| 2:45-3:00PM | Working as a team, what is a peer facilitator |
| 3:00-3:30PM | Using the Preventive Framework with a safety strategy  |
| 3:30-4:00PM | Practice facilitation #2 assignments, homework and review  |

Day Three – DATE

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| 8:30-8:45AM | Welcome and questions  |
| 8:45-10:15AM | *Immersion Process*: practice facilitation #2 and debrief  |
| 10:15-10:30AM | BREAK – 15 minutes |
| 10:30-11:30AM | *Immersion Process:* exercise review |
| 11:30AM-12:00PM | Video Segments: Stepping On and community safety  |
| 12:00-12:15PM | Home visit and booster session  |
| 12:15-1:00PM | LUNCH – 45 minutes |
| 1:00-1:30PM | Key elements quiz individually |
| 1:30-2:00PM | Marketing and recruitment, resources and getting started and connecting to your community  |
| 2:00-2:20PM | How to make Stepping On FUN! |
| 2:20-2:35PM | Review training expectations, final thoughts  |
| 2:35-2:45PM | Closing: adjourn, certificates and training evaluation |