**Stepping On Virtual Facilitator Training Agenda**

Day One – 7.5 Hours

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| 8:30-9:30AM(60 minutes)  | Welcome, housekeeping and introductions  |
| 9:30-9:40AM(10 minutes)  | Training expectations & review training agenda and objectives |
| 9:40-9:50AM(10 minutes) | Overview of Stepping On workshops |
| 9:50-10:50AM(60 minutes) | Introduction to the Stepping On manual, toolkit & time management  |
| 10:50-11:05AM(15 minutes) | BREAK – 15 minutes |
| 11:05-11:20AM(15 minutes)  | Background, research, key elements and fidelity  |
| 11:20-11:40AM(20 minutes) | Causes and consequences of falls |
| 11:40AM-12:00PM(20 minutes) | Brainstorming: pros and cons of regular exercise activity |
| 12:00-12:10PM(10 minutes) | Self-efficacy: building confidence/community safety |
| 12:10-12:55PM(45 minutes) | LUNCH – 45 minutes |
| 12:55-2:25PM(90 minutes)  | Balance and strength role play – learning the exercises  |
| 2:25-2:40PM(15 minutes) | BREAK – 15 minutes |
| 2:40-2:55PM(15 minutes) | The use of storytelling in Stepping On |
| 2:55-3:40PM(45 minutes)  | Applying the Decision-Making Framework: The Preventive Framework  |
| 3:40-4:00PM(20 minutes) | Homework, overview of day 1, practice facilitation #1 assignments  |

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Day Two – 7.5 Hours

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| 8:30-8:45AM(15 minutes) | Welcome and homework follow-up  |
| 8:45-9:30AM(45 minutes) | Exercise practice and advancing exercises |
| 9:30-10:00AM(30 minutes) | Using the Preventive Framework with a falls story |
| 10:00-10:40AM(40 minutes) | Home hazards and adult learning activity  |
| 10:40-10:55AM(15 minutes) | BREAK – 15 minutes |
| 10:55-11:25AM(30 minutes) | Finding, preparing, and managing guest experts |
| 11:25-11:35AM(10 minutes) | The display |
| 11:35AM-12:35PM(60 minutes) | Practice facilitation: exercise facilitation #1 |
| 12:35-1:20PM(45 minutes) | LUNCH – 45 minutes |
| 1:20-1:30PM(10 minutes) | How to make Stepping On FUN |
| 1:30-2:30PM(60 minutes) | Practice facilitation: workshop facilitation #1  |
| 2:30-2:45PM(15 minutes) | Debrief/feedback from practice facilitation #1  |
| 2:45-3:00PM(15 minutes) | BREAK – 15 minutes |
| 3:00-3:30PM(30 minutes) | Using the Preventive Framework with a safety strategy  |
| 3:30-4:00PM(30 minutes) | Practice facilitation #2 assignments, homework and review  |

**Stepping On Virtual Facilitator Training Agenda**

Day Three – 6 Hours

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| 8:30-8:45AM(15 minutes) | Welcome, questions & homework follow-up |
| 8:45-10:15AM(90 minutes) | Practice facilitation: workshop facilitation #2 & debrief  |
| 10:15-10:30AM(15 minutes) | BREAK – 15 minutes |
| 10:30-11:30AM(60 minutes) | Practice facilitation: exercise facilitation #2 & debrief |
| 11:30-11:50AM(20 minutes) | Stepping On and community safety |
| 11:50AM-12:10PM(20 minutes) | Working as a team, what is a peer facilitator |
| 12:10-12:20PM(10 minutes) | Home visit and booster session  |
| 12:20-1:05PM(45 minutes) | LUNCH – 45 minutes |
| 1:05-1:35PM(30 minutes) | Key elements quiz individually |
| 1:35-1:55PM(20 minutes) | Marketing and recruitment, getting started and connecting to your community  |
| 1:55-2:10PM(15 minutes) | Review training expectations, final thoughts  |
| 2:10-2:20PM(10 minutes) | Closing: adjourn and training evaluation |