GFT SPLIT: DAY ONE

Start: 9.15am Break: 11am Lunch: 12.35pm Break: 3pm Finish: 4.30pm

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|  | **Session topics** | **Time –** | **Resources** |
| **1.** | **Check-in**   * **Welcome and introduction** * **Confidence scale** * **Group guidelines and Car park** | 40mins | Trainer 1 |
| **2.** | **Setting the scene**   * **Attention attractors** * **Hopes and expectation/skills for leading groups** * **Collective rewards** * **Activity break** | 35mins | Trainer 2 |
| **3.** | **HENRY in practice**   * **Quiz** * **HENRY in practice** | 30mins | Trainer 1 |
|  | **Comfort break** | 15mins |  |
| **4.** | **Introducing the manual and programme**   * **Facilitator manual** * **Programme structure** | 20mins | Trainer 2 |
| **5.** | **Skills for leading groups**   * **Demonstration** * **Inclusive language** * **ESP and EAR** * **Activity breaks** | 60mins | Trainer 1  (Trainer 2 lead feedback after demo, p.18) |
|  | **Lunch** | 40mins |  |
| **6.** | **Tools for inclusive facilitation**   * **Flipchart** * **Setting up a room** * **Co-facilitation** | 40mins | Trainer 2 |
| **7.** | **Managing groups**   * **Hopes and anxieties** * **Behaviour, feelings and needs** | 35mins | Trainer 1 |
| **8.** | **Preparing ourselves** | 30mins | Trainer 2 |
|  | **Comfort break** | 15mins |  |
| **9.** | **Skills practice preparation**   * **Topic review** * **Introducing skills practice** * **Preparation** | 60mins | Trainer 1 |
| **10.** | **Next steps and review** | 15mins | Trainer 2 |

GFT SPLIT: DAY TWO

Start: 9.15am Break: 11.05am Lunch: 12.45pm Break: 3ish Finish: 4.15pm

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|  | **Session topics** | **Time –** | **Resources** |
| **1.** | **Check in**   * **Collective rewards** * **Activity break – Just breathe** | 20mins | Trainer 2 |
| **2.** | **Practising our skills**   * **Setting up** * **Session facilitation** | 90mins | Trainer 1  (Trainer 2 keep time) |
|  | **Comfort break** | 15mins |  |
| **2.** | **Practising our skills - continued**   * **Session facilitation** * **Activity break – Stamp out stress** | 85mins | Trainer 2  (Trainer 1 keep time) |
|  | **Lunch break** | 40mins |  |
| **3.** | **Extending our skills**   * **Reflection** * **Paired feedback** * **Feedback: key ideas** | 30mins | Trainer 1 |
| **4.** | **Exploration and feedback**   * **Hidden pages/topic review**   **Include comfort break**   * **Activity break – choose from workbook** | 90mins **include 15min break** | Trainer 2 |
| **5.** | **Next steps** | 20mins | Trainer 2 |
| **6.** | **Review and ending** | 30mins | Trainer 1 |