

# NAMI COLORADO PEER TO PEER

## ONLINE TRAINING AGENDA

Day 1			
Module	Purpose & concept	Duration	Timing
Introduction	Welcome, establish common ground, communicate expected results and manage logistics	30 min.	10:00 - 10:30
Managing Nervousness	Explore natural nervous reactions to leading a class and what to do about them	30 min.	10:30 - 11:00
Break	15 min.		11:00 - 11:15
Facilitation Skills- Tell Approach and Active Listening	Rehearse facilitation skills in front of a friendly group of class participants, help each other by using NAMI support criteria (provided), get more comfortable with the skills needed to lead a P2P class.	60 min.	11:15 - 12:15
Break/Lunch	60 min.		12:15-1:15
Facilitation Skills- Redirect Approaches and Timing and Hot Potato	Same as above.	45 min.	1:15-2:00
Debrief, Q and A	Answer questions related to the practices as well as any “parking lot” questions from the chat.	15 min.	2:00-2:15
Handling Questions	Practice understanding and answering the types of questions that show up during a class.	45 min.	2:15-3:00
Break	30 min.		3:00-3:45
Course Content Part 1- Class 1	Become familiar with key course content.	45 min.	3:45-4:30
Q and A, Close	Address unanswered “parking lot” questions from the chat.	30 min.	4:30-5:00

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Day 2			
Module	Purpose and concept	Duration	Timing
Course Content Part 1- Class 2, 3	Become familiar with key course content.	60 min	10:00-11:00
Break	15 min		11:00-11:15
Course Content Part 1- Class 4, Class 5	Continue same as above.	70 min.	11:15-12:25
Break/Lunch	60 min.		12:25-1:25
Course Content Part 2- Check in and Class 6	Continue same as above.	70 min	1:25-2:35
Break	10 min		2:35-2:45
Course Content Part 2- 2 <sup>nd</sup> part of Class 6	Continue same as above.	50 min	2:45-3:35
Break	10 min		3:35-3:45
Course Content Part 2- Check-in and Class 7	Continue same as above.	45 min.	3:45-4:30
Emergencies	Learn what to do in the case of an emergency.	20 min.	4:30-4:50
Break	10 min		4:50-5:00
Teaching Online	Introduce <b>Guide for Offering NAMI Programs Online.</b>	30 min	5:00-5:30
Q and A, Close	Explore what steps are needed to prepare for a course. Finish answering any “parking lot” questions in the chat.	30 min.	5:30-6:00