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) |
|  | **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 |