

# Facilitator Agenda

## 11:00am-11:20am Arrival, Icebreakers/Team-building

- Post-It head/Who am I?
- Telephone

## 11:20am-11:30pm Introduction to Training

## 11:30am-12:00pm Leadership Tree activity

- Break into groups of 4 with 1-2 facilitators (co-mentors together if they are both there).
- **Part 1:** Mentors can use their sheets to brainstorm if they want to write things down, or you can talk out loud as a group.
- **Part 2:** Design the Leadership Tree on the posterboard. You can ask for a mentor volunteer to do the writing, or facilitators can write.

## 12:00pm-12:30pm Lunch/Begin work on Vision Workbook

- Break for lunch. Participants can hang out and chat (conversation cards are available), and if participants are finished eating and looking for something to do you can start on the Vision workbooks.

## 12:30pm-1:00pm Vision Workbook/Goal-setting

- Break into groups of 2 with 1 facilitator. This activity is meant to be interactive. Use the introductory paragraph on each page to guide your conversation with the participants about their visions for their future. Today, we will be working on Daily Activities, Independent Living/Housing, Relationships, and Hobbies, Recreation & Leisure (participants can bring the workbook home to finish the rest). Every topic is broken down into 4 sections that can be very detailed or very simple depending on the participant:
  - **What I want:** what the participant wants for the future (e.g., "I want to live in apartment with roommates" or "I want to play club soccer in college and try out crew")
  - **What I know/have now:** the skills/knowledge that the participant has now that could help them in the future (e.g., "I have a few friends at school" or "I work part-time in the summer at a grocery store")
  - **What I need to learn:** skills/knowledge the participant needs to develop to reach their future goal (e.g., "I need to learn how to do laundry" or "I should practice meeting new people")
  - **Vision Sentence:** comprehensive statement that sums up the topic (e.g., "In the future, I want to go to college to study biology with the hopes of becoming a doctor. Right now I am taking biology and really like it, but I need to keep working on improving my math grades" or "I really like my auto shop class. I want to work with cars, but I need to learn more about how they work.")
- If participants finish their workbooks early, they can work on the goal setting worksheet. Encourage participants to choose a goal based on what they wrote in the workbook (e.g., if they said they need to learn how to do laundry for independent living, they can outline a goal for that). Like the vision workbook, this sheet can be more or less detailed based on the participant.

## 1:00pm-1:10pm Movement Break – Human Knot

## 1:10pm-1:50pm Art Activity: Quote posters

- Participants will choose a famous quote, song lyric, phrase, or word that reflects them and/or their feelings towards their fellow TEAM members. Every participant can choose a piece of scrapbook paper to use as the background of their quote and then decorate the quote using art supplies and cut-outs from magazines. Finished quotes will be collected and turned into a book to reflect the participants and the relationships that they had with each other during TEAM.

## 1:50pm-2:00pm Wrap-up, Informal brainstorming of event ideas for next year