**SESSION 1: Laying the Groundwork** 2.5 Hours

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| **TIME** | **TRAINING** | **SUPPLIES/FORMAT/OTHER** |
| 9:30 – 9:40 am | Intro, Agenda, Zoom Etiquette, Ground Rules | Zoom/PowerPoint |
| 9:40 – 9:45 am | Who’s in the Room | Zoom Poll |
| 9:40 am | Whole Systems Thinking | PowerPoint |
| **10:15 am** | **BREAK 1** |  |
| 10:25 am | Reflection & Questions | Large Room |
| 10:35 am | Community Engagement: What it is & is not (Public Knowledge vs Expert Knowledge, Appreciative Inquiry etc.) | PowerPoint |
| 10:50 am | Inductive (Listening) Exercise | Breakout Rooms |
| 11:15 am | Debrief | Large Room |
| **11:30 am** | **Break 2** |  |
| 11:40 am | What’s Next |  |
| 11:50 am - Noon | Wrap-Up, Debrief, Reflection Questions | PowerPoint |

**SESSION 2: Setting the Stage** 2.5 hours

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| **TIME** | **TRAINING** | **SUPPLIES/FORMAT/OTHER** |
| 10 - 10:10 am | Welcome, Agenda, Zoom Etiquette, Ground Rules Questions/Reflection | Zoom/PowerPoint |
| 10:10 – 10:25 am | Review of Reflection Questions | Breakout Rooms |
| 10:25– 10:35 am | Report Out |  |
| 10:35 – 10:45 am | Asset Based Community Development  Community Resource Plan (Asset Mapping) | Zoom/PowerPoint, Virtual Handout (Send ahead of time or create Google Doc folder w all materials) |
| 10:45 – 11 am | Independent time to work on Community Resource Plan | Breakout Room |
| **11 AM – 10 minutes** | **BREAK 1** |  |
| 11:10 am | Reflection/Sharing Community Resource Plan | PowerPoint |
| 11:20 – 11:25 am | Power Mapping Explanation | PowerPoint, Virtual Handout |
| 11:25 – 11:40 am | Power Mapping Activity | Zoom/Breakout Room |
| 11:50 am | Reflection/Sharing | Zoom |
| **NOON – 5 minutes** | **BREAK 2** |  |
| 12:05 – 12:10 pm | 3Q Tool Explanation | PowerPoint |
| 12:10 – 12:25 | 3Q Tool Practice Session | Zoom/Breakout Rooms |
| 12:15 – 12:25 | What did you hear? |  |
| 12:25 -12:30 pm | Wrap-up/Debrief | Zoom |

**SESSION 3: Creating Resilient Communities** 2.5 hours

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| **TIME** | **TRAINING** | **SUPPLIES/FORMAT/OTHER** |
| 10 – 10:10 am | Welcome, Intro, Centering Exercise | Zoom/PowerPoint |
| 10:10-10:20 am | Agenda, Review of Last 2 Sessions, Questions/Reflection |  |
| 10:20- 10:30 am | Review of 3 Questions  Check In | Zoom |
| 10:30 – 10:40 am | Partnerships & Collaboration: How all the pieces come together | PowerPoint |
| 10:40 – 11 am | Empathy Map Exercise | Virtual Handout |
| 11 – 11:05 am | Reflection/Sharing |  |
| **11: 05 – 11:20 am** | **BREAK 1** |  |
| 11:20 – 11:35 am | Change Management Quiz | Zoom/Virtual Handout |
| 11:35 – 11:40 am | Quiz Reflection | Breakout Room |
| 11:45 am | Catalyzing Change | Zoom/PowerPoint |
| **12 pm** | **BREAK 2** |  |
| 12:15 pm | Self-Care, Social Cohesion, & Resilience: What are we called to do in this moment? | Zoom/PowerPoint |
| 12:25 – 12:30 pm | Wrap-Up/Sharing/Questions  Breathing Exercise | Zoom |