



Welcome to The Advantage Licensed Training Workshop. This three-day course is run by the Advantage workshop designer Emma Sue Prince, Director of Unimenta and author of The Advantage. It is for both new and existing licensed trainers.

### **Workshop overview:**

The aim of the training is to provide a stimulating and relevant awareness-raising event that will enable you to run workshops and training sessions to support your target groups to develop competencies and resources around the skills of adaptability, critical thinking, empathy, integrity, being proactive, optimism and resilience – crucial skills we all need today. You will experience what it feels like to be a learner and receiver of The Advantage as well as have opportunities to understand how we deliver it to a range of target groups. You will also have opportunity to practise some of the facilitation techniques.

An outline of the workshop is provided below and you will receive a couple of simple pre-workshop preparation tasks approximately two weeks in advance of the course in January 2019. **Note:** These are *approximate timings only; comfort breaks as needed will be included within sessions. The sessions have been designed so as to allow flexibility and space to address content directly raised/introduced by participants too.*

**Participation and attendance includes your twelve-month license, all materials (both online and physical), gold membership to Unimenta. There is full support post-training with running and delivering workshops.**



*The Advantage book is being published in a second edition January 14<sup>th</sup>, 2019 and renamed 7 Skills for the Future. The workshop will be known generally as The Advantage – 7 Skills for the Future.*

**Thursday 24<sup>th</sup> January, 2019**

<b>Timing</b>	<b>Activity</b>
9.30 – 10.00	Arrival, registration, coffee/tea, warmer + settling in
10.00 – 10.30	Introduction to the training and what we will be covering during these sessions Update on where the workshop is currently delivered, how it is delivered and new online modules
10.30 – 12.00	<b>What is experiential learning and what does it mean to be an Advantage facilitator?</b> Context setting examples of adaptability, critical thinking, empathy, integrity, being proactive, optimism and resilience How we use context setting with different target groups and with the different skills. The essence and importance of appropriate facilitation. - discussion
12.00 – 12.30	<b>Brain gym</b> exercises, short video clip of brain gym in practice and its relevance to the workshop
12.30 – 13.15	<b>Lunch Break</b>
13.15 – 14.15	<b>Adaptability</b> – model comfort zone exercise followed by reflection – <i>variations of this exercise</i>
14.15 – 14.30	Application to our target groups/troubleshooting
14.30 – 15.00	<b>The workshop</b> – different ways it is delivered and why/how and what this means for us
15.00 – 16.00	<b>Critical thinking</b> – model exercises followed by reflection – <i>group will be split into teams for problem-solving exercises – variations on workshop exercises and how this works in practice</i>
16.00 – 17.00	<b>Mindfulness and listening exercises – Empathy</b> – model exercise Review and preparation for Friday – <i>this is a very short task in pairs – if you are staying at the hotel you will be able to extend your preparation time</i>

**Note:** All exercises are experiential and designed to raise your awareness both of how it feels to come to one of our workshops as a participant but also the huge importance of being able to facilitate and work in the moment and I'll be weaving in and out of both modes.

<b>Timing</b>	<b>Activity</b>
9.30 – 10.00	<b>Morning walk reflections</b> and burning questions – meet outside the conference venue
10.00 – 11.30	<b>Using improvisation techniques</b> during The Advantage training. Experiencing improv/why we use it/how to facilitate improvisation with any group. <b>The crucial role of reflection</b> – how to enable any group to reach their own learning outcomes
11.30 – 11.45	<b>Brain gym</b> and comfort break – <i>facilitated by one of our existing trainers</i>
11.45 – 12.45	<b>Optimism</b> – model exercises/reflection/application with different target groups Positive psychology background. Understanding how to facilitate the ABC (DE) exercise Advantage materials unpacking and supplementing
12.45 – 13.30	Lunch Break
13.30 – 14.30	<b>Being proactive</b> – locus of control drama exercise and reflection techniques Trouble-shooting and support
14.30 – 16.00	<b>Training practice/participant content</b>
16.00 – 16.30	<b>Integrity and values exercise</b> – model exercises and application with different groups

Preparation for tomorrow - individual

**Note:** *There will also be lots of input and examples today of exercise variations for each skill as well as videos we source and use for some target groups*

**Saturday 26<sup>th</sup> January, 2019**

<b>Timing</b>	<b>Activity</b>
9.30 – 10.00	Questions/key learning thus far/areas not yet covered. <b>Morning walk reflections</b> and burning questions – meet outside the conference venue
10.00 – 11.30	<b>Licensed Trainer Support Session 1:</b> accountability/working as a team and team actions/how we work together. Licensed Trainer agreements
11.30 – 11.45	<b>Mindfulness and comfort break</b> facilitated <i>by one of our existing trainers</i>
11.45 – 13.30	<b>Licensed Trainer Support Session 2:</b> split up into teams (young people’s team will work separately)
13.30 – 14.15	Lunch Break
14.15 – 15.15	<b>Resilience</b> – what it means/what it is/its crucial role in our workshops. Taking part in and facilitating the drama throne exercise
15.15 – 15.30	<b>Wrap up and final words</b>

Sessions are designed to be flexible so as to include any content or questions you raise either in advance of attending or during as well as have opportunities to show you the types of things we do with different types of group and how this all works in practice! By default you will also experience what it feels like to go through the programme yourself. This is REALLY important regardless of how many times you have experienced it. I promise you each time is like the first time!

Wear comfortable clothing and bring note-taking devices or note pads as you wish. Mobile phones are allowed and you will not be asked to switch them off.

There will be a photographer on Friday/Saturday who will be taking individual and group photos for our website. You are welcome to use any of the photos – he’s a brilliant photographer!

I am looking forward to welcoming you in January 2019 and feel very privileged to be licensing you to deliver this. 2019 is a pivotal year for the workshops.