



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 7 Skills for the Future, published February 2019 Pearson Business. This training is for new trainers only.

### **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 7 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 sessions 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 June 2019. **Note:** These are *approximate timings only; comfort breaks as needed will be included within sessions. Comfort breaks include plenty of healthy snacks and drinks. Lunch and breakfast on all three days is included. 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 (where applicable), all materials (both online and physical), gold membership to Unimenta. There is full support post-training with running and delivering workshops.***

The Advantage Licensed Training Workshop Outline  
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The workshop is based on the bestselling book *7 Skills for the Future* published by Pearson Business in 2019. This is a second edition – the original was first published in 2013 under the name *The Advantage*.



**Thursday 20<sup>th</sup> June, 2019**

Timing	Activity
9.30 – 10.00	Arrival, registration, coffee/tea, warmer + settling in – <i>breakfast and healthy snacks available</i>
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, <i>how</i> 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> Facilitation and presence – why it gives us such accurate information Task: Each person is assigned another to observe/be aware of over next 2 days – and write a report/give personal feedback 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> – <i>healthy and nutritious lunch options provided</i>
13.15 – 14.15	<b>Adaptability</b> – model comfort zone exercise followed by reflection – <i>variations of this exercise</i> The crucial role of reflection (for every Advantage exercise) – Experiential Learning Cycle
14.15 – 14.30	Application to our target groups/troubleshooting – <i>“What happens if...?”</i>
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	<p><b>Mindfulness and listening exercises – Empathy</b> – model exercise                  Input by Alison on CMS workshop – the crucial role of listening and paying attention                  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></p>
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**YOGA** – 18.00 – 19.30 – *An experienced yoga teacher is coming to run a wonderful yoga and breathing/relaxation session with us. Please bring comfortable clothes for this session*

Thursday evening – optional team dinner at Holiday Inn

**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.*

**Friday 21<sup>st</sup> June 2019**

Timing	Activity
9.30 – 10.00	<p><b>Morning walk reflections</b> and burning questions – meet outside the conference venue for walk and reflection – please bring suitable outer-wear as needed</p>
10.00 – 11.30	<p><b>Using improvisation techniques</b> during The Advantage training. Experiencing improv/why we use it/how to facilitate improvisation with <i>any</i> group.  <b>The crucial role of reflection</b> – how to enable any group to reach their own learning outcomes. Variations on reflection and how to manage the process (<i>with practice</i>)</p>
11.30 – 11.45	<p><b>Brain gym</b> and comfort break – <i>facilitated by one of our existing trainers</i></p>
11.45 – 12.45	<p><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</p>
12.45 – 13.30	<p><b>Lunch Break</b> - <i>healthy and nutritious lunch options provided</i></p>
13.30 – 14.30	<p><b>Being proactive</b> – locus of control drama exercise and reflection techniques. How to set up self-facilitated group sessions for this.</p>

	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 – *this will be given to you on the day*

*Preparation of feedback reports for individuals*

**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 22<sup>nd</sup> June 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 – please wear suitable outerwear
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 Speed dating exercise – Alison Rood – our Lead Trainer 30 minutes with Caroline Skydemore on support and lessons learned. The value add of blogging, Instagramming, writing and sharing
11.30 – 11.45	<b>Mindfulness and comfort break</b> facilitated by one of our existing trainers
11.45 – 13.30	<b>Licensed Trainer Support Session 2:</b> split up into teams (young people’s team will work separately) – <i>this session will concentrate on individual trainers’ target groups and how to reach them. For young people the session will focus on our adapted materials for that group.</i> <i>Both sessions will explain the financial model of our workshops as well as how to leverage off our existing initiatives.</i>
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>

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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.

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.

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

