



## Curriculum

**Session #1: Telling Your Story Effectively:** This session will include, introductions, a brief discussion of the topics to be included in the 2-hour, 4-part training and, group ground rules.

Focus will be upon a participatory exploration of how to share our life experience honestly, with appropriate boundaries and time limits and how to develop active listening skills. Role-playing and practice will take place with appropriate consideration of the comfort levels of participants.

**Session #2: Effective Public Speaking:** This session will focus upon how to feel comfortable speaking before a group. Practice, humor, compassion, and how to provide sensitive feedback will offer everyone an opportunity to reduce stage fright and learn to enjoy the confidence that comes from learning to enjoy the power of words.

**Session #3: Leadership Forum:** This session will focus upon building a leadership group that creates a collective agenda. How to develop consensus, strategies, and tactics will be included and practiced in a mock meeting of a Ten Year Planning group. Participants should expect to have fun!

**Session #4: Being Strategic:** This session will bring the skills learned in the previous sessions into play. The group will explore how to select an advocacy issue that is doable and winnable and prepare a group strategy with action steps. Practice and next steps will be accomplished.

Participants will be asked to provide verbal and written feedback of the program, receive certificates, and be offered opportunities to use new skills in leadership roles within their communities