

## Facilitator course breakdown

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### Session one

- The facilitator role
- Accreditation
- Fostering Changes Programme
- Principles of Adult Learning
- Social Learning Theory
- Attachment
- Learning Styles
- Using icebreakers and energisers

### Session two

- How the brain works
- Play
- Attending
- Praise
- Communication skills
- Reflecting skills
- Group resources
- Preparation for participant presentations

### Session three

- Needs and Behaviour
- Managing feelings
- CBT (inc. NATS)
- Problem solving
- 'I' Messages
- Giving good instructions
- Ignoring and discipline

### Session four

- Context of education
- Natural/Logical Consequences
- Family rules
- Time Out from positive reinforcement
- Endings
- Stress management and relaxation

### Session Five

- Adolescence – Developmental changes
- How to change the programme to work effectively with young people