



Communication & Group Facilitation, Skill Building & Training Course Spring 2021 Session Course Outline

	Session Title	Skills Building Sessions	Date
1	What is a Safe and Inclusive Space?	What is a safe and inclusive space? Who am I? Creating awareness around biases and judgment Mindfully creating dialogue to foster connection which respects each other's experiences. Importance of responding to biased and stereotyping comments	Tuesday, March 23 2-4pm via Zoom
2	Making Meaning and Boundary Setting	Ingredients of an interaction and the meanings we create from them Setting boundaries in a group environment Group scenarios	Tuesday, March 30 2-4pm via Zoom
3	Self-Reflection, Values, Feelings and Non-Violent Communication	Change starts with you Looking at self-awareness and self-reflection as a foundation for facilitation NVC is a modality for communicating in a non-violent manner Embracing compassion Group scenarios	Tuesday, April 6 2-4pm via Zoom
4	Conflict Resolution	Having awareness around conflict Group scenarios	Tuesday, April 13 2-4pm via Zoom
5	Risk Management	How to help participants go through intense life experiences and those who may be at risk What is group ethics? Group Scenarios	Tuesday, April 20 2-4pm via Zoom
6	Putting it Altogether	Self-care Avoiding burnout What happens now?	Tuesday, April 27 2-4pm via Zoom