

**NAMI Family-to-Family (F2F)
In-Person Leader training
Training Outline and Agenda — OPTION 1**

Day 1			
Module	Purpose & concept	Duration	Timing
Introduction	Welcome, establish common ground, communicate expected results and manage logistics	30 min.	9:00-9:30
Manual Format	Walkthrough of Leader Manual layout	20 min.	9:30-9:50
Managing Nervousness	Explore natural nervous reactions to leading a class and what to do about them	30 min.	9:50-10:20
Break		15 min.	10:20-10:35
Facilitation Skills	Rehearse facilitation skills in front of a friendly group of Class Participants, help each other by using NAMI support criteria (provided), get more comfortable with the skills needed to lead a F2F class, learn about what to do when tough topics arise	2 hrs. 25 min.	10:35-1:00
Lunch		45 min.	1:00-1:45
Handling Questions	Practice understanding and answering the types of questions that come up during a class	45 min.	1:45-2:30
Course Content Part 1	Become familiar with key course content	1 hr. 30 min.	2:30-4:00
Break		15 min.	4:00-4:15
Course Content Part 1 continued	Continue same as above	1 hr. 30 min.	4:15-5:45
Day 2			
Course Content Part 2	Reestablish common ground, review what's been learned and become familiar with key course content	1 hr. 30 min.	8:00-9:30
Break		15 min.	9:30-9:45
Course Content Part 2	Continue same as above	1 hr. 30 min.	9:45-11:15
Break		15 min.	11:15-11:30
Emergencies	Learn what to do in the case of an emergency	25 min.	11:30-11:55
Close	Explore what steps are needed to prepare for a course, complete training evaluation, certificates	35 min.	11:55-12:30

**NAMI Family-to-Family (F2F)
In-Person Leader Training
Training Outline and Agenda — OPTION 2**

Day 1			
Module	Purpose & concept	Duration	Timing
Introduction	Welcome, establish common ground, communicate expected results and manage logistics	30 min.	12:30-1:00
Manual Format	Walkthrough of Leader Manual layout	20 min.	1:00-1:20
Managing Nervousness	Explore natural nervous reactions to leading a class and what to do about them	30 min.	1:20-1:50
Break		15 min.	1:50-2:05
Facilitation Skills	Rehearse facilitation skills in front of a friendly group of Class Participants, help each other by using NAMI support criteria (provided), get more comfortable with the skills needed to lead a F2F class, learn about what to do when tough topics arise	2 hrs. 25 min.	2:05-4:30
Break		15 min.	4:30-4:45
Handling Questions	Practice understanding and answering the types of questions that come up during a class	45 min.	4:45-5:30
Day 2			
Course Content Part 1	Become familiar with key course content	1 hr. 30 min.	9:00-10:30
Break		15 min.	10:30-10:45
Course Content Part 1 continued	Continue same as above	1 hr. 30 min.	10:45-12:15
Lunch		45 min.	12:15-1:00
Course Content Part 2	Reestablish common ground, review what's been learned and become familiar with key course content	1 hr. 30 min.	1:00-2:30
Break		15 min.	2:30-2:45
Course Content Part 2	Continue same as above	1 hr. 30 min.	2:45-4:15
Break		15 min.	4:15-4:30
Emergencies	Learn what to do in the case of an emergency	25 min.	4:30-4:55
Close	Explore what steps are needed to prepare for a course, complete training evaluations, certificates	35 min.	4:55-5:30