

WITHIN *My Reach*TM

3-Day Instructor Training Schedule

Day 1: 9:00am to 4:30pm

9:00 – 9:30am	Introductions
9:30– 10:15am	Contextualizing WMR (background research, purpose, overview of materials)
10:15 – 10:30am	Break
10:30 – 11:15am	Unit 1 (<i>The State of Relationships Today</i>)
11:15 – 12:00pm	Unit 2 (<i>Healthy Relationships: What They Are and What They Aren't</i>)
12:00 – 1:15pm	Lunch
1:15 – 2:00pm	Unit 3 (<i>Sliding vs. Deciding</i>)
2:30 – 3:00pm	Unit 4 (<i>Smart Love</i>)
2:45 – 3:00pm	Break
3:00 – 3:45pm	Unit 5 (<i>Knowing Yourself First</i>)
3:45 – 4:30pm	Implementation questions

Day 2: 9:00am to 4:30pm

9:00 – 9:45am	Unit 6 (<i>Making Your Own Decisions</i>)
9:45 – 10:15am	7.1 (Communication Danger Signs)
10:15 – 10:30am	Break
10:30 – 11:10am	7.2 (Domestic Violence)
11:10 – 11:45am	8.1 – 8.3 (<i>Where Conflict Begins</i>)
11:45 – 12:00pm	8.4 (Conflict's Effect on Children)
12:00 – 1:15pm	Lunch
1:15 – 1:50pm	Unit 9 (<i>Smart Communication</i>)
1:50 – 2:00pm	10.1 (<i>The Speaker Listener Technique</i>)
2:00 – 2:30pm	Speaker Listener Technique practice
	10.2, 10.3, 10.4
2:30 – 2:45pm	Break
2:45 – 3:00pm	11.1, 11.2 (<i>Infidelity, Distrust, and Forgiveness</i>)
3:20 – 3:30pm	11.3 (Why Healthy Marriage Matters to Children)
3:30 – 4:30pm	Implementation questions

Day 3: 9:00am to 4:30pm

9:00 – 9:40am	Unit 12 (<i>Commitment: Why it Matters to Adults and Children</i>)
9:40 – 10:15am	Unit 13 (<i>Stepfamilies and the Significance of Fathers</i>)
10:15 – 10:30am	Break
10:30 – 11:15am	Unit 14 (<i>Making the Tough Decisions</i>)
11:15 – 12:00pm	Unit 15 (<i>Reaching into Your Future</i>)
12:00 – 1:15pm	Lunch
1:15 – 1:30pm	Contracts
1:30 – 4:30pm	Teach backs and Implementation issues