

# WITHIN *My Reach*<sup>TM</sup>

## 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> )
2:00 – 2:45pm	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