Holding Hope Presenter Training: Day 1

Agenda

6:00 pm  Section 1  
- Comfort Contract  
- Introductions  
- Why Share My Story

6:30 pm  Section 2  
- NAMI IQ  
- NAMI Background

7:00 pm  Break (15 mins)

7:15 pm  Section 3  
- Overview  
- Making “I” Statements  
- Writing Your Story  
- Take Home Work  
  o Write and Practice Story Before  
    Holding Hope Day 2 Training

8:00 pm  Adjourn
Holding Hope Presenter Training: Day 2

Agenda

6:00 pm  Section 1
• Comfort Contract
• Handling Nervousness
• Your Language Matters

6:15 pm  Section 2
• Share Your Story
• Gather and Give Feedback

7:30 pm  Section 3
• Tailoring Your Story
• Handling The Unexpected
• Stipend and Forms
• Final Q&A

8:00 pm  Adjourn