

Assertive Engagement 101 - 3 Day Training Sample Agenda

Our agenda is flexible to meet the needs of each unique group, this agenda is an example of the areas we touch on and the focus of each day. We also use networking activities to build connection in the room so participants can meet and learn about one another's work.

Goals: we're here to...

- explain Assertive Engagement research and frameworks
- practice Motivational Interviewing techniques including active listening, giving reflections, and more
- share techniques for demonstrating empathy, cultivating hope, and checking judgement
- offer space to consider how Assertive Engagement fits into your work
- provide opportunities to connect with other training participants

Objectives: after training, participants will be able to...

- explain to others the basics of Assertive Engagement
- effectively use active listening, reflections, and other tools to support those you work with
- identify opportunities in your daily work to address judgement, cultivate hope, and maintain empathy
- apply Assertive Engagement practices to your own unique work areas
- create connection with other training participants

Day One (Framework focus)

- 9:00am Opening and Introductions
- Ask offer ask
- How do we know our work is working?
Break (10:30ish)
- What makes our work work and the 3 sets of AE
- Empathy vs. sympathy
- Listening activity (skill set)
Lunch (12ish)
- Pie chart and Common Factors Theory
- Strengths activity (mind set)
- The Ravine: executive function, scarcity, trauma, and oppression
- Sharp eyes on a video story (heart set)
Break (2:30ish)
- "Hope as..." how to recognize hope in our work
- Information activity and ask offer ask
- Identifying questions about AE
- Closing activity - end by 4:30

Day Two (Skills Practice focus)

- 9:00am Opening and More Context for AE
- Emmanuel case study
Break (10:30ish)
- Research overview activity
- Introduce OARS and practice reflections
Lunch (12ish)
- Finding ambivalence
- Roadblocks to listening
- Know your why
Break (2:30ish)
- Using open-ended questions
- Judgement
- Closing activity - end by 4:30

Day Three (Integration focus)

- 9:00am Opening and regrounding
- Review OARS
- Affirmations - a form of reflections
- How to provide summaries
Break (10:30ish)
- Change talk
- Doctor videos: recognizing tools
- Putting it all together
Lunch (12ish)
- Continued role play practice or case consultation
- Discord dodgeball
- Real Stories from the Field
Break (2:30ish)
- Revisiting questions about AE
- Closing Circle: self care and what we're taking away - end by 4:30