

# TRAINING *Agenda*



Wellness Modality (Recovery):

Training is from 8:00 am to 5:00 pm daily (local time)

## OVERVIEW & INSTRUCTIONS

We have a few instructions for you when training starts:

1. Read and sign the electronic forms at this [link](https://forms.office.com/r/7PneFj3iCf). <https://forms.office.com/r/7PneFj3iCf>. This is to be required so that we can send you your certificate when the training is completed. If the electronic forms are not received, your certification will be delayed.
2. Please silence your phone during training.
3. Refrain from texting or typing during training. In-person- If you have an emergency, please leave the room. Virtual- Feel free to use the dialogue box to communicate the reason for leaving the training to NAFFA.
4. Virtual- Please keep your cameras on so that we can verify your training attendance. Turning off your camera will result in having to make up the training.

### Day 1

Each Day:

Lite breakfast served before class. Morning break is at 10 am, afternoon break is at 3 pm.

- **Welcome and Staff Introductions (recording)**
- Program
- Session One: Three Pillars of Change
- **Break**
- Session Two: Strengthening Ourselves
- Session Three: NAFFA's Core Principles
- **Lunch (On Your Own)**
- Session Four: Spirit and Body
- Session Five: Premortal Life
- **Break**
- Session Six: The Importance of Learning Truth

### Day 2

- Session Seven: Hope and Families
- Session Eight: Healing
- **Break**
- Session Nine: Thoughts
- Session Ten: Developing Courage through Goodness, Decency, and Honor
- **Lunch (On Your Own)**
- Session Eleven: Pride vs. Humility
- Session Twelve: Unresolved Hurt
- **Break**
- Session Thirteen: Communication and Interaction

### Day 3

- **Facilitator Coordinator Resource Presentation**
- Session Fourteen: Personal Characteristics Damaging to a Relationship
- Session Fifteen: Overcoming Family Violence and Abuse
- **Lunch (On Your Own)**
- Session Sixteen: Improving Relationships
- Session Seventeen: The Importance of Physical Wellness in Addiction, Re-Entry, Recovery, and Therapy