



FATHERHOOD IS SACRED®
MOTHERHOOD IS SACRED®
A Universal Message

Linking Generations by Strengthening Relationships®

Agenda

Training is from 8:00 a.m. to 5:00 p.m. each day (local time).

Overview

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>. This is to be **required** so 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

- **Lite breakfast served**
- **Welcome and Introductions**
 - Staff Introduction
- **Overview of NAFFA and the Linking Generations by Strengthening Relationships® Program**
 - The Core of NAFFA Wellness Powerpoint Presentation
- **Session One: Introduction and Building on the Foundation of Fatherhood Is Sacred®, Motherhood Is Sacred®**
 - Define the purpose of life
 - Understand the importance of fathers and mothers as leaders
 - Understand the concepts of character, integrity, chaos, and order
- **Break**
- **Session Two: Fatherhood Is Sacred® Core Principles**
 - Creator
 - Choice
 - Teachable
 - Wisdom
 - Service
- **Lunch (On Your Own)**
- **Session Three: Thoughts**
 - Understand thought and character are one
 - Learn the importance of controlling your thoughts
 - Learn the impact of uncontrolled thoughts
 - Understand the relationship between thoughts and desires

- **Session Four: Attitude**
 - Understand the power of attitude
 - Learn how to create an attitude of solving problems
 - Understand the importance of positive attitudes
- **Break**
- **Session Five: Learning**
 - Understand and recognize the value learning
 - Understand how learning is a sacred and individual responsibility
 - Learn the three areas where learning can take place
 - Study and Education / Experience/ Instruction

Day 2

- **Lite breakfast served**
- **Session Six: Self-worth**
 - Understand what is self-worth and what it is tied to
 - Learn the difference between self-worth and self-esteem
 - Understand how problems and failures are tied to self-worth
 - Understand the true nature of self
- **Break**
- **Session Seven: Improving Relationships**
 - Identify five major areas critical for improving and strengthening relationships
 - Kindness
 - Safety
 - Fairness
 - Appreciation
 - Joy and laughter
 - Understand family relationships
- **Lunch (On Your Own)**
- **Session Eight: Personal Characteristics Damaging to a Relationship**
 - Identify three areas common to unhappy relationships
 - Selfishness
 - Emotional immaturity
 - Laziness
 - Understand the blaming and whining cycle
- **Session Nine: Getting Caught Up**
 - Blame Game
 - Inappropriate Online Relationships
- **Break**
- **Session Ten: Love and Intimacy**
 - Learn to recognize love, accept love, communicate love, and show love
 - Understand what intimacy is
 - Understand the sexual responsibility of both partners
 - Identify the myths and truths about intimacy
 - Understand what passion is

Day 3

- **Lite breakfast served**
- **Facilitator Coordinator Resource Presentation**
- **Session Eleven: Communication and Interaction**
 - Learn how to improve communication and interaction skills
 - Learn to recognize problems in communication and interpretation
 - Understand how we interpret and perceive information

- Learn the benefits of positive family communication and interaction
- **Session Twelve: The Road to Marriage**
 - Learn how Native American cultures traditionally viewed marriage
 - Understand the importance of marriage, dating, and courtship
 - Learn the importance of preparing yourself for the right person
 - Learn the importance of setting personal standards
- **Lunch (On Your Own)**
- **Session Thirteen: Ending and Changing a Relationship**
 - Understand why relationships end
 - Learn when to consider a divorce or final separation
 - Learn how to minimize the damage from the termination of a relationship
 - Learn how to survive the loss of a spouse or partner
- **Session Fourteen: Keys to Strong Family Relationships**

