



FATHERHOOD IS SACRED®
MOTHERHOOD IS SACRED®
A Universal Message

Wellness Modality- Recovery

Agenda

Training is from 8:00 a.m. to 5:00 p.m. daily (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 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

- **Welcome and Introductions**
 - Staff Introduction
- **Program**
 - History of NAFFA, Introduction, Program at a Glance
 - NAFFA Philosophy
 - NAFFA's Steps to Recovery
 - Guidelines for Self-Disclosure, Confidentiality Statement, Questionnaire
- **Session One: Three Pillars of Change**
 - Self-Worth
 - Personal Identity
 - Purpose
- **Break**
- **Session Two: Strengthening Ourselves**
 - Kindness
 - Usefulness
 - Attitude
 - Responsibility
- **Session Three: NAFFA's Core Principles**
 - Creator
 - Choice
 - Teachable
 - Wisdom
 - Service

- **Lunch (On Your Own)**
- **Session Four: Spirit and Body**
 - Our Creation
 - Love
 - Truth
 - Peace
 - Freedom
- **Session Five: Premortal Life**
 - Premortal Life
 - Physical Death
- **Break**
- **Session Six: The Importance of Learning Truth**
 - Being Teachable
 - Desire to Find Truth
 - Recognize Truth
 - Accept Truth
 - Communicate Truth
 - Showing Truth
 - Acquiring Wisdom

Day 2

- **Session Seven: Hope and Families**
 - Hope
 - Families
- **Session Eight: Healing**
 - Healing
 - The Process of Healing
 - Trust in the Master Healer
 - The Miracle of Forgiveness
 - Gratitude and Humility
- **Break**
- **Session Nine: Thoughts**
 - Thoughts
 - Forward Thinking, Looking, Moving
 - Desires
 - Habits
 - Lifestyles
- **Session Ten: Developing Courage through Goodness, Decency, and Honor**
 - Goodness
 - Decency
 - Honor
- **Lunch (On Your Own)**
- **Session Eleven: Pride vs. Humility**
 - Pride
 - False Pride and Vanity
 - Enmity
 - Humility
- **Session Twelve: Unresolved Hurt**
 - Hurt
 - Anger
 - Resentment
 - Hatred
 - Revenge
 - Evil

- Rebellion
- Develop a Plan
- **Break**
- **Session Thirteen: Communication and Interaction**
 - Communication
 - Interaction
 - Communication Strategies

Day 3

- **Facilitator Coordinator Resource Presentation**
- **Session Fourteen: Personal Characteristics Damaging to a Relationship**
 - Three Areas: Damaging Relationships
 - Selfishness
 - Emotional Immaturity
 - Laziness
- **Session Fifteen: Overcoming Family Violence and Abuse**
 - What is Family Violence and Abuse
 - Personal Identity
 - True Identity Theft
 - Submission: Giving Up Your Identity
 - Change Requires Choice
- **Lunch (On Your Own)**
- **Session Sixteen: Improving Relationships**
 - Kindness
 - Safety
 - Fairness
 - Appreciation
 - Joy and Laughter
 - Marriage
- **Session Seventeen: The Importance of Physical Wellness in Addiction, Re-Entry, Recovery, and Therapy**
 - Physical Wellness
 - Nutrition
 - Sleep
 - Stress Management

