Training starts promptly at 8a.m. (Arizona time) to 5p.m.

Day 1

➢ Welcome and Introductions
➢ Facilitator Certification Information
➢ Overview of NAFFA and the Linking Generations By Strengthening Relationships® Program
➢ Session 1: Introduction and Building on the Foundation of Fatherhood Is Sacred® and 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

➢ Session 2: Fatherhood Is Sacred® Core Principles
  • Creator
  • Choice
  • Teachable
  • Wisdom
  • Service

➢ Lunch (On Your Own)

➢ Session 3: 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 4: Attitude
  • Understand the power of attitude
  • Learn how to create an attitude of solving problems
  • Understand the importance of positive attitudes

➢ Session 5: 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

➢ Session 6: 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
Session 7: 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 8: Personal Characteristics Damaging to a Relationship
- Identify three areas common to unhappy relationships
  ▪ Selfishness
  ▪ Emotional immaturity
  ▪ Laziness
- Understand the blaming and whining cycle

Session 9: Getting Caught Up
- Blame Game
- Inappropriate Online Relationships

Session 10: 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

Session 11: 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 12: 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 (Own Your Own)

Session 13: Ending or 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 14: Keys to Strong Family Relationships