

Linking Generations By Strengthening Relationships®

Facilitator Certification Training

AGENDA

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**

