

□ Agenda for Instructor Training Workshop

Day One

- 8:00 a.m.** Registration/Check In
- 8:30** Introduction to the Communication Programs: COUPLE I & II and CORE COMMUNICATION
Presentation - Overview of CC I (with Preview Video), The Couple Packet, Goals, Ground Rules, Definition & 7 Dimensions of a Collaborative Marriage, Instructional Competencies
Communication: Attitude and Behavior
- 9:15** Styles of Communication
Presentation - 4 Styles of Talking: The "Low" Road and the "High" Road
Demonstration (Video) - Using the Styles
Exercise Styles of Communication Nonverbally
- 10:00** Communication and Issues
Presentation - Types of Issues
Exercise - Identifying Issues
Presentation - Process Contracts
- 10:15** Break
- 10:30** The Awareness Wheel - The Structure of an Issue & the Basis for Clear Communication
Presentation - The Practical Tool for Dealing with Issues
Exercise - Expanding Awareness Using the Awareness Wheel
Demonstration - Understanding an Issue (with Skills Mat)
- 12:00** Lunch Break: Participants Make Own Arrangements
- 1:00** *Presentation* - 6 Talking Skills for Clearer Messages
Demonstration - Instructor-Coaching
Exercise - Practice Using the Awareness Wheel Skills Mat to Process an Issue (in Small Groups, with Coaching), Tracking a Talker
- 1:45** The Listening Cycle - A Tool for Effective Listening
Presentation - 5 Attentive Listening Skills & the Listening Cycle
Demonstration - Attentive Listening (with Skills Floor Mat) and Coaching
Exercise - Practice Using the Listening Cycle Skills Mat to Understand (in Small Groups, with Coaching)
- 3:00** Conflict Patterns & Collaborative Process
Presentation - Conflict Outcomes/Process, & Mapping Issues
- 3:30** Break
- 3:45** *Demonstration (Video or Live)* - Couple Applying 9-Step Process
- 4:15** Instructional Designs and Settings
Presentation - Group or Conjoint Program Agendas
- 4:30** *Course* - Contracting with Couples
Presentation - Couple Readiness & Commitment to Participate; Working with Highly Conflicted Couples
- 4:45** Assessment and Theory of CC Program
Presentation - THRIVE Collaborative Marriage Assessment Sphere; Individuation, Consideration, & Systemic Collaboration: Integration with Neuroscience and Attachment Theories
- 5:30** Day 1 of Workshop Ends
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Day Two

- 8:00 a.m.** Communication Teaching/Coaching Cycle
Presentation and Demonstrations - Tying Competencies Together and Coaching Methods
- 8:45** Coaching Practice
Exercise - Coaching Talking/Listening Skills in Mapping an Issue Process
- 9:45** CORE COMMUNICATION for Individuals
Presentation - Teaching the Same Skills and Processes to Singles
- 10:15** Break
- 10:30** COUPLE COMMUNICATION II
Presentation - Overview of COUPLE COMMUNICATION II and Prerequisites for Couples
- The Skills Zone: Collaborative Communication
Demonstration - Inside and Outside the Skills Zone
Exercise - How you leave the Skills Zone
Presentation - Staying Skilled: Leading & Following, Hot & Cold Responses, Stop & Shift
- 12:00** Lunch Break: Participants Make Own Arrangements
- 1:00** *Demonstration* - Creating a Collaborative Operating System
- Managing My Anger
Presentation - Typical Focus, Catalysts, & Expressions of Anger
Exercise - A Situation of My Anger
Presentation - Principles & Processes for Managing Self in Anger
Demonstration - Process Use
Exercise - Re-Appraise a Situation of Anger
- 2:45** Responding to Partner's Anger
Presentation - Escalating or De-escalating the Anger, Choice Points, Staying Skilled
Demonstration - Options for Responding to Expressions of Anger
Exercise - Customizing Effective Responses
- 3:30** Break
- 3:45** Aligning the Relationship
Presentation - Overview
- 3:55** COUPLE COMMUNICATION II Instructional Designs
Presentation - Options for Your Setting
- 4:05** How to Offer Couple Communication Successfully in Your Setting
Presentation - Ingredients of Successful Implementation
- 4:20** Action Plan for Your Setting
Exercise - Planning an Approach
- 4:35** Program Certification
Presentation - Certification Benefits & Requirements, & ICP Support
- 4:50** Evaluation of Workshop
- 5:00** Workshop Ends
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