

Facilitator Checklist

One

On My Shoulders Welcome

Facilitator: Check off boxes as you flow through the unit making sure to cover these most important points.

- Check-in: Welcome, Getting Settles & Ground Rules
- Group Activity 1: Introductions
- Group Activity 2: Marble Demonstration
- Group Activity 3: “For me, Fatherhood is Like...”
- Lesson 1: Foundations of *On My Shoulders*
 - Explain the critical role of a father from the research perspective
- Lesson 2: The Three Keys
 - Make it Safe
 - Decide, don't Slide
 - Do Your Part
- Individual Activity: Where Am I? Where Do I Want to Be?
- Wrap-up
 - Brainstorm ways to apply the unit's theme to the Three Keys

Facilitator Checklist

One

On My Shoulders Welcome

1. Overall, how well did you feel that you connected with the participants during this unit?

1	2	3	4	5	6	7
<i>Not at all</i>			<i>Pretty well</i>			<i>Very Well</i>

2. How well did the group connect with you?

1	2	3	4	5	6	7
<i>Not at all</i>			<i>Pretty well</i>			<i>Very Well</i>

3. Did you find that there were things in this unit that were hard to complete in the suggested time? If so, what? What made it hard to complete? (e.g. time constraints, technical issues, etc...)

4. Overall, how difficult was this unit to deliver?

1	2	3	4	5	6	7
<i>Not Difficult</i>			<i>Difficult</i>			<i>Very Difficult</i>

5. For the participants who just completed this particular session, what was the one thing that seemed to have the most meaningful impact?

Facilitator Checklist

Two

Life is Good

Leaders: Check off boxes as you flow through the unit making sure to cover these most important points.

- Overview: Briefly review last unit material & preview this unit's purpose
- Check-in: Ask what participants have done to apply the Three Keys
- Lesson 1: Being Happy
 - Share the research to challenge common notions of money as key to happiness
- Lesson 2: What *Really* Makes us Happy?
 - Share building block #1: Meaning
 - Share building block #2: Contribution
 - Share building block #3: Relationships
 - Share building block #4: Thankfulness
- Individual Activity: Taking Stocks of Relationships
- Journaling Activity: What Makes you Happy?
- Detail why Gratitude is Important
- Introduce the Gratitude Log
- Wrap-up
 - Brainstorm ways to apply the unit's theme to the Three Keys

Facilitator Checklist

Two

Life is Good

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<i>Not at all</i>			<i>Pretty well</i>			<i>Very Well</i>

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Facilitator Checklist

Three

Personality & Parenting

Leaders: Check off boxes as you flow through the unit making sure to cover these most important points.

- Check-in: Ask for examples of good things participants noticed in their Gratitude Logs
- Check-in: Ask what participants have done to apply the Three Keys
- Overview: Briefly review last unit material & preview this unit's purpose
- Group Activity: Primary Colors Personality Tool
- Individual Activity 1: A Closer Look at Me
- Lesson 1: How Personality Affects You, Me & Us
- Lesson 2: Celebrating the Unique Personality of Your Child
- Individual Activity 2: I See You, I Support You

- Wrap-up
 - Brainstorm ways to apply the unit's theme to the Three Keys
 - Remind them to add to their Gratitude Log

Facilitator Checklist

Three

Personality & Parenting

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Facilitator Checklist

Four

Stress & Calming

Leaders: Check off boxes as you flow through the unit making sure to cover these most important points.

- Overview: Briefly review last unit material & preview this unit's purpose
- Check-in: Ask what participants have done to apply the Three Keys
- Check-in: check in on their Gratitude Log
- Lesson 1: Stressful Situations
 - Review the effects of on-going stress on the body
 - Review the effects of on-going stress on the mind
- Individual Activity 1: Physical & Behavioral Cues
- Lesson 2: Responding to Stress with a Plan
 - Go over the three kinds of stress: events you see coming, those you can't see coming, and those that are on-going
- Individual Activity 2: What is Your Plan?
- Lesson 3: Healthy Coping
- Group Activity: Learning to Relax
 - Go through the calming skills relaxation exercise
- Wrap-up
 - Brainstorm ways to apply the unit's theme to the Three Keys
 - Briefly encourage participants to attend to their Gratitude Log

Facilitator Checklist

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Facilitator Checklist

Five

Speaking To Be Understood

Leaders: Check off boxes as you flow through the unit making sure to cover these most important points.

- Overview: Briefly review last unit material & preview this unit's purpose
- Check-in: Ask what participants have done to apply the Three Keys
- Check-in: Ask about participants' progress with the Gratitude Log
- Group Activity 1: Good vs. Poor Communication
- Lesson 1: Obstacles to Good Communication
 - Danger Sign #1: Escalation
 - Danger Sign #2: Invalidation
 - Danger Sign #3: Negative Interpretations
 - Danger Sign #4: Withdrawal
- Go over all 4 steps to asking for a Time Out
 - Notice
 - Make the call
 - Calm yourself
 - Get back in the game
- Individual Activity: Asking for a Time Out
- Lesson 2: Introducing Skillful Talking
 - Skillful Talking Tip #1: Be Respectful
 - Skillful Talking Tip #2: Be Specific
 - Skillful Talking Tip #3: Be Brief
- Lesson 3: Formula XYZ
- Group Activity 2: Using Formula XYZ
- Wrap-up
 - Introduce the 50 Questions take-home activity
 - Brainstorm ways to apply the unit's theme to the Three Keys
 - Remind participants to keep up with their Gratitude Log

Facilitator Checklist

Five

Speaking To Be Understood

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Facilitator Checklist

Six

Listening To Understand

Leaders: Check off boxes as you flow through the unit making sure to cover these most important points.

- Overview: Briefly review last unit material & preview this unit's purpose
- Check-in: Ask what participants have done to apply the Three Keys
 - Make sure to add your own examples to show how simply applying the Keys can be
- Check-in: Ask about participants' progress with the Gratitude Log
- Lesson 1: Skillful Listening
 - Skillful Listening Strategy #1: Tune in to the Speaker
 - Skillful Listening Strategy #2: Tune out your own thoughts
 - Skillful Listening Strategy #3: Tell what you just heard
- Lesson 2: Tune In to The Message
- Group Activity 1: I Know You're Not Listening
- Lesson 3: Tune Out The Static
- Lesson 4: Tell What You Heard
 - Practice paraphrasing
- Group Activity 2: The Speaker Listener Technique
- Explain how this Technique combines Skillful Speaking with Skillful Listening
- Wrap-up
 - Brainstorm ways to apply the unit's theme to the Three Keys
 - Remind participants to keep up with their Gratitude Log

Facilitator Checklist

Six

Listening To Understand

1. Overall, how well did you feel that you connected with the participants during this unit?

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Facilitator Checklist

Seven

Leaders: Check off boxes as you flow through the unit making sure to cover these most important points.

- Overview: Briefly review last unit material & preview this unit's purpose
- Check-in: Ask what participants have done to apply the Three Keys
- Affirm participants for their Gratitude Logs
- Lesson 1: Commit Already?
- Group Activity: Stories of Commitment
- Activity: "Commitment is Like..."
- Lesson 2: Defining Commitment
- Lesson 3: The Benefits of Commitment
 - Note the benefits to self
 - Note the benefits to children
 - Detail how fathers can show commitment (to other adults and to the mother of their child) and why they should
- Individual Activity 1: Commitment to Co-parenting Matters
- Lesson 4: Two Sides of Commitment
 - Constraint Commitment
 - Dedication Commitment
- Individual Activity 2: My Dedications & My Constraints
- Individual Activity 3: My Priorities
- Individual Activity 4: Understanding the Sacrifices
- Individual Activity 5: Eliminating Options Without Deciding
- Individual Activity 6: The Action Plan
- Wrap-up
 - Brainstorm ways to apply the unit's theme to the Three Keys
 - Remind participants to re-visit their Gratitude Log

Facilitator Checklist

Seven

Commitment: The Long View

1. Overall, how well did you feel that you connected with the participants during this unit?

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2. How well did the group connect with you?

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5. For the participants who just completed this particular session, what was the one thing that seemed to have the most meaningful impact?

Facilitator Checklist

Eight

Leaders: Check off boxes as you flow through the unit making sure to cover these most important points.

- Overview: Briefly review last unit material & preview this unit's purpose
- Check-in: Ask what participants have done to apply the Three Keys
- Check-in: Affirm fathers for continuing their Gratitude Log
- Group Activity 1: Creating a Roadmap
- Lesson 1: Reflecting on Life's Events
 - Explain why we examine the past
 - Positive Roadmap Reflection
 - Negative Roadmap Reflection
- Lesson 2: "These are the people..."
- Group Activity 2: Sharing and Reflecting
- Individual Activity: My Past, My Future: Decide, don't Slide
- Wrap-up
 - Brainstorm ways to apply the unit's theme to the Three Keys
 - Briefly touch base on gratitude

Facilitator Checklist

Eight

Personal Roadmapping

1. Overall, how well did you feel that you connected with the participants during this unit?

1	2	3	4	5	6	7
<i>Not at all</i>			<i>Pretty well</i>			<i>Very Well</i>

2. How well did the group connect with you?

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5. For the participants who just completed this particular session, what was the one thing that seemed to have the most meaningful impact?

Facilitator Checklist

Nine

Leaders: Check off boxes as you flow through the unit making sure to cover these most important points.

- Overview: Briefly review last unit material & preview this unit's purpose
- Check-in: Ask what participants have done to apply the Three Keys
- Check-in: Affirm fathers for continuing their Gratitude Log and ask for examples of good things they've noticed
- Lesson 1: Boxing: A Heavyweight Fight?
- Group Activity 1: Boxing
 - Host discussion on the messages heard about manhood
- Lesson 2: The Box Factory
 - Examine the misinformation boys often hear
 - Note the negative effects of this misinformation
- Group Activity 2: Overcoming Obstacles
- Group Activity 3: Expanding My Vocabulary: Feelings & Needs
 - Feel It All Activity Journal
 - Getting Needs Met Activity in Journal
- Individual Activity: 7 Truths About Men
- Wrap-up
 - Brainstorm ways to apply the unit's theme to the Three Keys
 - Encourage fathers to keep contributing to their Gratitude Log

Facilitator Checklist

Nine

Free To Be

1. Overall, how well did you feel that you connected with the participants during this unit?

1	2	3	4	5	6	7
<i>Not at all</i>			<i>Pretty well</i>			<i>Very Well</i>

2. How well did the group connect with you?

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4. Overall, how difficult was this unit to deliver?

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5. For the participants who just completed this particular session, what was the one thing that seemed to have the most meaningful impact?

Facilitator Checklist

Ten

Leaders: Check off boxes as you flow through the unit making sure to cover these most important points.

- Overview: Briefly review last unit material & preview this unit's purpose
- Check-in: Ask what participants have done to apply the Three Keys
- Check-in: Affirm fathers for continuing their Gratitude Log
- Group Activity: Can You Hear Me?
- Lesson: Making Your Case—How to Get What You Need
 - Review communication styles that *do not* work: aggressive, passive, whiny and manipulative
 - Define and exemplify what *does* work: confident, assertive, clear and sincere communication
 - Describe XYZ statements
- Individual Activity: What My Style Says About Me
- Wrap-up
 - Brainstorm ways to apply the unit's theme to the Three Keys
 - Briefly touch base on the Gratitude Log

Facilitator Checklist

Ten

How To Get What I Need

1. Overall, how well did you feel that you connected with the participants during this unit?

1	2	3	4	5	6	7
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2. How well did the group connect with you?

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Facilitator Checklist

Eleven

Leaders: Check off boxes as you flow through the unit making sure to cover these most important points.

- Overview: Briefly review last unit material & preview this unit's purpose
- Check-in: Ask what participants have done to apply the Three Keys
- Check-in: Affirm fathers for continuing their Gratitude Log
- Group Activity 1: Connecting With My Dad
 - Explain *attachment*
- Lesson 1: Secure & Insecure Attachment
 - Detail the benefits and obstacles of secure attachment
 - Detail the consequences of an insecure attachment
- Individual Activity 1: My Connections
- Lesson 2: Nurturing Secure Kids
 - Cover the importance of maintaining both physical, emotional and commitment safety
- Group Activity 2: How's He Doing?
- Individual Activity 2: Nurturing My Kids
- Wrap-up
 - Brainstorm ways to apply the unit's theme to the Three Keys
 - Briefly encourage participants to add to their Gratitude Log

Facilitator Checklist

Eleven

Attachment and Nurturing Trust

1. Overall, how well did you feel that you connected with the participants during this unit?

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5. For the participants who just completed this particular session, what was the one thing that seemed to have the most meaningful impact?

Facilitator Checklist

Twelve

Leaders: Check off boxes as you flow through the unit making sure to cover these most important points.

- Overview: Briefly review last unit material & preview this unit's purpose
- Check-in: Ask what participants have done to apply the Three Keys
- Check-in: Affirm fathers for continuing their Gratitude Log
- Group Activity: What do you think?
- Lesson: Parenting
 - Host two discussions: purpose of parenting & reasons for kids' problem behaviors
- Individual Activity 1: What do Your Kids Stress About?
- Individual Activity 2: What I Was a Boy...
 - Make a special note to cover The Power of Praise
- Individual Activity 3: Tell Me Something Good!
- Individual Activity 4: Roles, Rules & Routines
- Co-Parent Connection: apply the concepts introduced here to the experiences of fathers who are not custodial
- Wrap-up
 - Brainstorm ways to apply the unit's theme to the Three Keys
 - Briefly touch base on the Gratitude Log

Facilitator Checklist

Twelve

Playing By the Rules

1. Overall, how well did you feel that you connected with the participants during this unit?

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2. How well did the group connect with you?

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Facilitator Checklist

Thirteen

Leaders: Check off boxes as you flow through the unit making sure to cover these most important points.

- Overview: Briefly review last unit material & preview this unit's purpose
- Check-in: Ask what participants have done to apply the Three Keys
- Check-in: Affirm fathers for continuing their Gratitude Log
- Group Activity 1: A Safe Family Looks Like...
- Lesson: Where Violence Starts
 - Note what fathers can do about family violence (Journal Page)
- Group Activity 2: Doing My Part To Make it Safe (cover all type: school, friend, family, mentor/role model and community/group safety)
- Group Activity 3: Exploring Our Communities
- Individual Activity: A Father's Heart Has What It Takes
- Wrap-up
 - Brainstorm ways to apply the unit's theme to the Three Keys
 - Briefly touch base on the Gratitude Log

Facilitator Checklist

Thirteen

Make it Safe: Community Safety

1. Overall, how well did you feel that you connected with the participants during this unit?

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Facilitator Checklist

Fourteen

Leaders: Check off boxes as you flow through the unit making sure to cover these most important points.

- Overview: Briefly review last unit material & preview this unit's purpose
- Check-in: Ask what participants have done to apply the Three Keys
- Check-in: Affirm fathers for continuing their Gratitude Log and encourage them to continue long after the workshop
- Individual Activity 1: Web Brainstorm
- Individual Activity 2: Vision Statement
- Individual Activity 3: Roadmapping the Future

- Wrap-up
 - Congratulate participants for their hard work and have them congratulate one another
 - Close with a positive, hopeful and uplifting message

Facilitator Checklist

Fourteen

Passages

1. Overall, how well did you feel that you connected with the participants during this unit?

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