

AVP BASIC AGENDA
CMC - San Luis Obispo – August 21-23, 2008

Day 1 – Facilitator Team Meeting (8:15 AM – 9:00 AM)

Day 1 – Session 1 (9:00 – 11:30 AM)

- _____ Intro and Welcome
- _____ Agenda Preview
- _____ Opening Talk/Ground Rules/Unanswered Questions (9:15)
- _____ L&L: Big Wind Blows (Hurricane Intro)
- _____ Adjective Name Game (9:45)
- _____ Exercise: Affirmation
- _____ L&L: Elephants & Palm Trees

BREAK (10:15)

- _____ Re-entry: “What I hope to get out of this workshop”
- _____ Exercise: Brainstorm Violence/Non-Violence
- _____ Exercise: Weather Report
- _____ L&L: _____
- _____ Exercise: Concentric Circles (Graduated Listening: 1: no instruction; 2: do what you don’t like receiving; 3: listen, be attentive; 4: encourage, question)
- _____ Reflections/Evaluation

LUNCH (Name Poster & Sign-In Sheet) (11:30)

Day 1 – Session 2 (12:00 AM – 3:45 PM)

- _____ Agenda Preview
- _____ Re-Entry: _____
- _____ Exercise: Construction
- _____ Exercise: Sharing a Conflict I Resolved Non-Violently
- _____ L&L: _____
- _____ Transforming Power Talk

BREAK (1:30)

- _____ Re-Entry/Exercise: Feeling faces/“I” messages (3 times around)
- _____ L&L: _____
- _____ Exercise: From Another Point of View
- _____ L&L: _____
- _____ Reflections/Evaluation
- _____ Closing: Affirmation Pyramid “What I like about our group”

Day 1 – Facilitator Team Meeting (3:45 - 4:15 PM)

Day 2 – Session 3 (8:00 AM – 11:30 AM)

- _____ Agenda Preview
- _____ Re-entry: _____
- _____ Exercise: Broken Squares
- _____ L&L: _____
- _____ Exercise: 6 Point Problem Solving

BREAK (10:15)

- _____ Re-entry: _____
- _____ Exercise: Signals/Sidetracks
- _____ L&L: _____
- _____ Introduction to Role Play
- _____ Reflections/Evaluation

LUNCH (fac. eat with groups, prep. role plays) (11:30)

Day 2 – Session 4 (12:00 AM – 3:45 PM)

- _____ Agenda Preview
- _____ Re-entry: _____
- _____ Role Play # 1 (35 minutes)
- _____ Role Play # 2
- _____ L&L: _____

BREAK (1:15)

- _____ Role Play # 3
- _____ Role Play # 4
- _____ L&L: _____
- _____ Reflections/Evaluation
- _____ Closing: (Rainstorm or Yarn Toss) _____

Day 2 – Facilitator Team Meeting (3:45 - 4:15 PM)

DO TONIGHT: Affirmation Posters/Certificates

Day 3 – Session 5 (8:00 AM - 11:30 AM)

- _____ Affirmation Posters Upon Entry (?)
- _____ Agenda Preview
- _____ Re-entry: One relationship I'd like to transform
- _____ Picture Sharing, 2 rounds
- _____ L&L: _____
- _____ Exercise: I see, you see
- BREAK (9:30)
- _____ Exercise: Colored Dots
- _____ Deep Listening: Facts, Feelings, Values

LUNCH/WRITTEN EVALUATIONS/TEAM EVALUATIONS (11:30)

Day 3 – Session 6 (12:00 AM – 2:00 PM)

- _____ Re-entry: _____
- _____ Exercise: What is love?
- _____ Talking circle: Something I want to tell this group
- _____ Unanswered Questions / Where Do We Go From Here
- _____ Graduation

Team Debrief (2:00 – 3:00 PM)

L&Ls:

- | | |
|--|------------------------------------|
| Elephants & Palm Trees - chicken, dog, Vikings, jazz trio, helicopter, skunk, jello, general | |
| Rainstorm | Tennessee Squeeze |
| Ms. Mumbly | Pretzel |
| Crocodiles & Frogs | Jail Break |
| Pattern Ball | Machines |
| Mountains & Valleys | Concentration |
| Listen to the Universe | I Love ya Baby, I just can't smile |
| Zip, Zap, Boing | Back to Back |
| Earthquake | Father Abraham |
| Howdy, Howdy, Howdy | I'm going on a Picnic. A What?? |

Re-entries

- What I thought about last night
- My favorite hiding place as a child
- Something you don't know about me
- One relationship I'd like to transform
- I have the most fun when
- My first (or an early) experience of violence
- A way I let others know I have a positive attitude

Other Exercises

- Signals/Sidetracks
- What's Going On Here
- Hassle Lines
- World ball
- Human to human
- What is Love?
- I see, you see
- Who am i?