



Restoring Resourcefulness Program Training for Coaches

We look forward to seeing each of you. Here are some things that will help you get the most out of your experience.

Preparation

- Please **download** the manual [here](#).
- Please **download** the Preparing to Facilitate Guide [here](#)
- **Before** each class read the program guide and watch the video for the two modules that will be presented. The Restoring Resourcefulness Program [here](#).

Attendance at each session is mandatory. We understand that life happens, please contact Michele if you have an unavoidable emergency. Attendance is required at all three sessions. You will have one calendar year to make-up sessions that you miss in order to complete your certification.

Logistics

Three (3) Zoom sessions – 3 hours each

- December 2, 2021 4:00-7:00 p.m. PST Presencing and Whole Body Listening
- December 9, 2021 4:00-7:00 p.m. PST Breathing and Fear Melters
- December 16, 2021 4:00-7:00 p.m. PST F.A.C.T. and Matching

Each session will cover 2 of the RR Program Modules and be facilitated by members of the Restoring Resourcefulness Faculty. Sessions are organized to create an opportunity for you to learn, experience and practice facilitating these modules. We highly recommend you experience this training using a tablet or computer. Set up your learning environment conducive to your full body engagement. We will be modeling Con-Ex-Con (see attachment).

Zoom Link

The Zoom link will be emailed to you prior to class.

There will be a Mighty Networks Circle for you to join to explore with other participants and faculty members between and after the training is over. You'll receive an invitation after the first class.

If you have any questions, please contact our Big Leap Home Program Director, Michele Yasuda, via email at michele@micheleanddean.com.