

**Teaching Healthy Boundaries 101 & 201**  
*Training of Trainers*  
**Rev. Lydia Mulkey & Lauren D. Sawyer, M.A.**  
**November 10-14, 2020**

### TRAINING LOGISTICS

This year's Teaching Healthy Boundaries 101 & 201 will be entirely online, spread out over five days in 2 ½-hour segments. We will be using the learning management system **Canvas** and its integrated web conferencing system, **BigBlueButton**. The training will include large-group instruction, breakout discussion groups, role-play and case studies, teaching tips, and optional *Lunch & Learn* affinity groups.

### TECHNOLOGY SPECS

We ask that you have the following tech gear to make the training run as smoothly as possible:

- A laptop or desktop computer. (*Note: While BigBlueButton does work on phones and tablets, we have found that desktop computers and laptops do a much better job keeping you connected, especially on longer calls.*)
- Stable internet access, preferably through an ethernet hardline connection into your modem, rather than a wireless connection.
- A webcam and speakers or headphones.
- Chrome or Firefox browsers downloaded and updated. BigBlueButton will not work on Edge or Internet Explorer.

We also ask that you view these short tutorial videos if you are unfamiliar with [Canvas](#) or [BigBlueButton](#).

### THE IN-CLASS EXPERIENCE

Canvas will be the training hub where you will access digital files of all of the training materials and homework. Canvas is also the vehicle through which you will join our five live teaching sessions. To join a teaching session, simply go to the Conferences link on the left-hand side of the screen and under New Conferences, click Join the Teaching Healthy Boundaries Conference (Day X).

We will be using breakout groups to simulate the in-class experience. During these breakout groups, you will be asked to collaborate on case studies, role-play scenarios, and discuss material.

Optional *Lunch & Learn* affinity groups will allow you to network, share insights, and socialize with those who are from similar faith traditions/denominations after the training each day. (You will sign up for the affinity groups on Nov. 10.)

Prior to the training, you will be sent in the U.S. mail a training kit with the Healthy Boundaries 101 and 201 teacher's guides, course workbooks, *A Sacred Trust* DVD and teaching clips, as well as a folder with other pertinent training materials. We ask that you have your kit with you for the entire training. (*Note: Please be sure you have provided us with the best mailing address for you upon your registration.*)

The agenda will be included with your registration confirmation materials. The training times are:

<b>Tuesday, November 10, 2020</b>	09:00 AM – 11:30 AM CST
<b>Wednesday, November 11, 2020</b>	09:00 AM – 11:30 AM CST
<b>Thursday, November 12, 2020</b>	09:00 AM – 11:30 AM CST
<b>Friday, November 13, 2020</b>	09:00 AM – 11:30 AM CST
<b>Saturday, November 14, 2020</b>	09:00 AM – 11:30 AM CST

The optional *Lunch & Learn* affinity groups will take place Wednesday-Saturday from 11:45 AM - 12:45 PM CST.

## BEFORE THE TRAINING BEGINS

### **1 month before the training:**

You will be emailed your pre-training assignments as PDFs or streaming links.

### **2 weeks before the training:**

You will receive your training kit and folder of training materials in the mail. You need to have this kit and materials with you during the 5-day training. You will also receive an invitation to the course on Canvas.

### **1 week before the training:**

You will be invited to fill out the pre-course survey and confidentiality agreements.

### **1 day before the training:**

You will receive a reminder email for our coming days together!

## QUESTIONS

Email [training@faithtrustinstitute.org](mailto:training@faithtrustinstitute.org) or call 206-634-1903.