

**Teaching Healthy Boundaries 101 & 201**  
*Training of Trainers*  
**Rev. Lydia Mulkey & Lauren D. Sawyer, M.A.**  
**November 3-5, 10-11, 2021**

## TRAINING LOGISTICS

This fall's Teaching Healthy Boundaries 101 & 201 will be entirely online, spread out over five days, two weeks, and in 3-hour segments. We will be using the learning management system **Canvas** and **Zoom**. The training will include large-group instruction, breakout discussion groups, role-play, case studies, and teaching tips.

## 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 Zoom 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.
- Zoom downloaded and updated to the newest version prior to class time.

We also ask that you view these tutorials if you are unfamiliar with [Canvas](#) or [Zoom](#).

## 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. You can find those links on the class Home page.

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.

## TRAINING SCHEDULE

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

<b>Wednesday, November 3, 2021</b>	09:00 AM – 12:00 PM CST
<b>Thursday, November 4, 2021</b>	09:00 AM – 12:00 PM CST
<b>Friday, November 5, 2021</b>	09:00 AM – 12:00 PM CST
<b>Wednesday, November 10, 2021</b>	09:00 AM – 12:00 PM CST
<b>Thursday, November 11, 2021</b>	09:00 AM – 12:00 PM CST

## BEFORE THE TRAINING BEGINS

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.*)

### **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.