<table>
<thead>
<tr>
<th>Time</th>
<th>Duration</th>
<th>Activity</th>
<th>Purpose</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>25 (m)inutes</td>
<td>0 Informal Meet-and-Greet during Refreshments</td>
<td>Help participants leave their hurried lives and enter a space of gracious support. Provide food &amp; drink if people haven’t eaten yet.</td>
<td>Invitation says refreshments provided before training starts.</td>
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<tr>
<td>9:30</td>
<td>4.5 m</td>
<td>Welcome, Guidance &amp; Intro All</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 m</td>
<td></td>
<td>3 m Breathe</td>
<td></td>
<td></td>
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<tr>
<td>1.5 m</td>
<td>Guide’s bio re coming to JM &amp; WTR</td>
<td></td>
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</tr>
<tr>
<td>3 m</td>
<td>Bio JM &amp; main themes</td>
<td></td>
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<tr>
<td>9:43</td>
<td>2 m</td>
<td>Setup;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22 m</td>
<td></td>
<td>12 m Open Sentences;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 m</td>
<td>Process;</td>
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<tr>
<td>10:06</td>
<td>6 m</td>
<td>Spiral WTR</td>
<td></td>
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<tr>
<td>8 m</td>
<td>Exploring Our Story: Biz as usual; Great Unraveling; Great Turning</td>
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<tr>
<td>10:14</td>
<td>3.5 m</td>
<td>(1) Opening to Our Pain</td>
<td>Focus on (1) Opening to Our Pain for the World with story of Novozybkov in Russia’s Chernobyl.</td>
<td>Focus on phases 2 &amp; 3</td>
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<tr>
<td>Time</td>
<td>Duration</td>
<td>Activity</td>
<td>Description</td>
<td>Notes</td>
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<td>10:35</td>
<td>5 m</td>
<td>Break for comfort.</td>
<td>Group has a break for food, drink and bathroom; arrange seating at screen and cue DVD</td>
<td>Arrange chairs &amp; cue DVD</td>
</tr>
<tr>
<td>10:42</td>
<td>46 m</td>
<td>Going Forth: Video</td>
<td>- Explain from <em>Active Hope</em> how we are called to Go Forth; how Christopher Landry was called by his vision &amp; intention.</td>
<td>Experiential Learning Cycle:</td>
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<td><em>Going Forth</em>: Video</td>
<td>- Watch film: <em>Joanna Macy and the Great Turning</em>.</td>
<td>(1) Experience Something</td>
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<td><em>Going Forth</em>: Video</td>
<td>- Discuss via Experiential Learning Cycle &amp; Spiral of WTR: (1) Experience film; (2) Share &amp; (3) Process via Opening to Our Pain for World; (4) Generalize via Seeing With New Eyes; (4) Apply Action via Going Forth.</td>
<td>(2) Share Impressions</td>
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<td></td>
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<td><em>Going Forth</em>: Video</td>
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<td>(3) Process Discoveries</td>
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<td></td>
<td></td>
<td><em>Going Forth</em>: Video</td>
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<td>(4) Generalize Ideas</td>
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<td><em>Going Forth</em>: Video</td>
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<td>(5) Apply New Action</td>
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<td><em>Systems Theory</em>:</td>
<td>- Reinforce the continuum from JM’s to our WTR. Emphasize: with connected community &amp; hopeful action, we continue the WTR and support our community’s resilience.</td>
<td>- Emphasize: WTR is ours now; we are connected.</td>
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<td><em>Systems Theory</em>:</td>
<td>- Discussion: “What are communities you feel connected to?” “What draws you to them?”</td>
<td>- Facilitate for brevity as we come closer to the end.</td>
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<tr>
<td>11:39</td>
<td>9 m</td>
<td>Going Forth: Reflection</td>
<td>- Take 4 minutes of brief, intuitive personal time to reflect and write answer to the questions: “If you knew you could not fail, what would you most want to do for the healing of our world? What step—no matter how small—can you take in the next week, that will move you toward this goal?”</td>
<td>Experience the power of intention without limitation. Participant may choose not to share with the group.</td>
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<tr>
<td>11:48</td>
<td>3 m</td>
<td>Affirmation: Resilience; Reflect &amp; Share</td>
<td>Reflect a minute. Share, if participant wishes, by turn: “Can you think of one important trait that makes a community you’re part of resilient?”</td>
<td>Give opportunity to affirm traits of resilient community.</td>
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<tr>
<td>11:51</td>
<td>3 m</td>
<td>Review</td>
<td>- Review: Spiral; Great Turning; Active Hope; Systems Theory</td>
<td>Review helps to reinforce new concepts.</td>
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<tr>
<td>11:54</td>
<td>7 m</td>
<td>Evaluation Form:</td>
<td>Ask participants to complete Evaluation Form. Explain that responses are anonymous; that candid responses are helpful for improving quality &amp; Guide’s professional development.</td>
<td>Evaluation Form helps facilitator learn what works well and what not.</td>
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<td><em>Evaluation Form</em>:</td>
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