

Training 4 Trainers

Session 1

April 15, 2023

LSHC HOUSTON



WELCOME 2023 T4T COHORT!

- Please find your name tag and table tent
- Help yourself to breakfast
- Be ready to start at 9:30

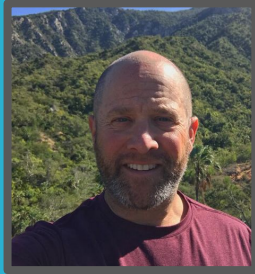
Agenda

- I. Arrival and Breakfast
- II. Welcome and Introductions
- III. Community Agreements
- IV. Community Connections
- V. Stretch Break
- VI. What is Leadership?
- VII. Next Steps/Questions

Meet Your Facilitation Team



Dr. Pamela Hernandez
Principal
Researcher
& Founder
Educo Research



Odin Zackman
Founder &
Principal
DIG IN



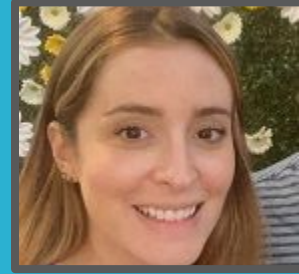
Nzinga Khalid
Program Manager
Prevention Institute



Sheila Savannah
Managing Director
Prevention Institute



Dana Fields-Johnson
Associate
Program Director
Prevention Institute



Catie Licalzi
Program Officer
LISC Houston

Education Agreements

- Please carefully read and sign the Education Agreements.

Icebreaker (15min)

- At the center of each of your table's is a picture. Introduce yourselves and come to a consensus as a group what that picture means as it pertains to leadership. (10 minutes)
- Choose a person to report out for your group. (5 minutes)

TRAINING 4 TRAINERS (T4T)



LSC HOUSTON

Curriculum

Session	ONE April 15	TWO May 13	THREE June 10	FOUR July 8	FIVE August 12	SIX September 9
Themes and Modules	<i>Supporting Healthy Communities</i>	<i>Exploring Empowerment and Collective Leadership</i> GS: TBD	<i>Community Engagement and Inclusion</i> GS: TBD	<i>Building Community Capacity</i> Panel: TBD	<i>Community Advocacy, Opportunity & Power</i> GS: TBD	<i>Sustaining Community Leadership, Learning & Change</i>
	<i>The Calling of Community Leadership</i>	<i>Community Leadership in Context</i>	<i>The Practice of Civic Engagement</i>	<i>Facilitating Community Leadership</i>	<i>Advocacy, Coalition Building and Long-Term Planning</i>	<i>Expanding and Sustaining Our Impact</i>
2023 Learning Outcomes	<p>Understand the T4T program structure and expectations.</p> <p>Build relationships with one another.</p> <p>Define shared leadership.</p> <p>Explore an overview of different types of community development.</p>	<p>Reflect on how trauma impacts communities and how this impacts community building efforts.</p> <p>Explore how existing conditions are the result of institutional racism, etc.</p> <p>Awareness of frameworks for social & community determinants of health.</p>	<p>Understand the fundamental practices and considerations around inclusive engagement.</p> <p>Gain skills and tools to inform ways to frame work and dialogue around resilience and environmental justice in communities.</p>	<p>Sharpen skills in planning, facilitating and coaching in different settings.</p> <p>Gain tools for transforming conflict to build resilience.</p> <p>Understand various roles (e.g. facilitation) in teaching about/resolving community conflict.</p>	<p>Obtain language and framework to advocate around supporting healthy communities.</p> <p>Gain clarity on how to work within broader systems and across communities with partners.</p> <p>Hone skills for project planning.</p>	<p>Gain information on resources to sustain community building efforts.</p> <p>View the long-arc, systemic nature of community change.</p> <p>Learn about opportunities to stay engaged and continue learning.</p>

Community Agreements

- [BeBop Reflection \(Module 1\)](#)
- [Agreements & Requests:](#) First step for any community building process
- [Agreements:](#) What are your expectations about this group/experience? What do we need to do to support our collective experience?
- [Requests:](#) What the facilitation team suggests to support the group

Community Agreements (cont.)

- In your group write down responses to either of these two questions on Post-its and add to the flip chart. A facilitator will read out loud a summary of the responses, then report out to the larger group the 2 themes.

Discussion Questions

- *What are your expectations about this group/experience?*
- *What do we need to do to support our collective experience?*

Community Connections: Exploring Healthy Communities

- What does **supporting** healthy communities mean to you?
- What is the **connection** you see between **equity** and **community** health?

Stretch Break

What Is Leadership?

- How do you think of **leadership**?
- What would you say is your **main** leadership skill?
- Shared leadership and your leadership declarations.

Shared Leadership

These are the core principles and practices of shared leadership



- Collaboration is a verb
- Information is Inspiration
- Everyone Contributes
- Relationships matter
- Coordinate
- Celebrate

Writing your own Leadership Declaration through SMART Goals

How to write SMART Goals

S

Specific

Provide a clear description of what needs to be achieved.

M

Measurable

Include a metric with a target that indicates success.

A

Achievable

Set a challenging target, but keep it realistic.

R

Relevant

Keep your goal consistent with higher-level goals.

T

Time-bound

Set a date for when your goal needs to be achieved.

Debrief Questions

The leadership declaration is similar to what we will ask of you to coach each other or when you will be coached.

- Do you feel **confident** in coaching others?
- Who would you **coach**?
- What **resources** or **skills** would you need to hone this skill?

Questions?



Closing Remarks

Prompt

Share with the group **ONE WORD** that reflects how you feel about your time with us today.

Action Items

- ❑ [Confirm your account via email](#) and login into the online learning platform ([Learndash](#)) (*save your username and password!*)
- ❑ [Upload](#) your headshot into our shared Google folder.
<https://rb.gy/jangu>
 - ❑ Label your headshot FirstnameLastName.jpg You must sign in to your Google account to upload. If you do not have a google account please email your headshot to Catie at clicalzi@lisc.org **Due: April 25th, 2023**
- ❑ [Create](#) Ambassador Directory Profile **Due: June 10th, 2023**
- ❑ [Complete](#) “Pre-Leadership Inventory Assessment.” ([Learndash](#))
- ❑ [Complete](#) Module 2 in the online learning platform ([LearnDash](#))

SESSION DATES

TRAINING SCHEDULE: Saturdays from 9:30a – 12:00p

1. May 13th, 2023 (virtual)
2. June 10th, 2023 (virtual)
3. July 8th, 2023 (**in-person**)
4. August 12th, 2023 (virtual)
5. September 9th, 2023 (virtual)

IN-PERSON: LISC HOUSTON, 602 Sawyer Street, Suite 205, Houston, TX, 77007

CONNECT



ONE-ON-ONE COACHING

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