

**AVP BASIC AGENDA**  
**CMC - San Luis Obispo – August 21-23, 2008**

**Day 1 – Facilitator Team Meeting (8:15 AM – 9:00 AM)**

**Day 1 – Session 1 (9:00 – 11:30 AM)**

- \_\_\_\_\_ Intro and Welcome
- \_\_\_\_\_ Agenda Preview
- \_\_\_\_\_ Opening Talk/Ground Rules/Unanswered Questions (9:15)
- \_\_\_\_\_ L&L: Big Wind Blows (Hurricane Intro)
- \_\_\_\_\_ Adjective Name Game (9:45)
- \_\_\_\_\_ Exercise: Affirmation
- \_\_\_\_\_ L&L: Elephants & Palm Trees

BREAK (10:15)

- \_\_\_\_\_ Re-entry: “What I hope to get out of this workshop . . . .”
- \_\_\_\_\_ Exercise: Brainstorm Violence/Non-Violence
- \_\_\_\_\_ Exercise: Weather Report
- \_\_\_\_\_ L&L: \_\_\_\_\_
- \_\_\_\_\_ Exercise: Concentric Circles (Graduated Listening: 1: no instruction; 2: do what you don’t like receiving; 3: listen, be attentive; 4: encourage, question)
- \_\_\_\_\_ Reflections/Evaluation

LUNCH (Name Poster & Sign-In Sheet) (11:30)

**Day 1 – Session 2 (12:00 AM – 3:45 PM)**

- \_\_\_\_\_ Agenda Preview
- \_\_\_\_\_ Re-Entry: \_\_\_\_\_
- \_\_\_\_\_ Exercise: Construction
- \_\_\_\_\_ Exercise: Sharing a Conflict I Resolved Non-Violently
- \_\_\_\_\_ L&L: \_\_\_\_\_
- \_\_\_\_\_ Transforming Power Talk

BREAK (1:30)

- \_\_\_\_\_ Re-Entry/Exercise: Feeling faces/“I” messages (3 times around)
- \_\_\_\_\_ L&L: \_\_\_\_\_
- \_\_\_\_\_ Exercise: From Another Point of View
- \_\_\_\_\_ L&L: \_\_\_\_\_
- \_\_\_\_\_ Reflections/Evaluation
- \_\_\_\_\_ Closing: Affirmation Pyramid “What I like about our group . . . .”

**Day 1 – Facilitator Team Meeting (3:45 - 4:15 PM)**

**Day 2 – Session 3 (8:00 AM – 11:30 AM)**

- \_\_\_\_\_ Agenda Preview
- \_\_\_\_\_ Re-entry: \_\_\_\_\_
- \_\_\_\_\_ Exercise: Broken Squares
- \_\_\_\_\_ L&L: \_\_\_\_\_
- \_\_\_\_\_ Exercise: 6 Point Problem Solving

BREAK (10:15)

- \_\_\_\_\_ Re-entry: \_\_\_\_\_
- \_\_\_\_\_ Exercise: Signals/Sidetracks
- \_\_\_\_\_ L&L: \_\_\_\_\_
- \_\_\_\_\_ Introduction to Role Play
- \_\_\_\_\_ Reflections/Evaluation

LUNCH (fac. eat with groups, prep. role plays) (11:30)

**Day 2 – Session 4 (12:00 AM – 3:45 PM)**

- \_\_\_\_\_ Agenda Preview
- \_\_\_\_\_ Re-entry: \_\_\_\_\_
- \_\_\_\_\_ Role Play # 1 (35 minutes)
- \_\_\_\_\_ Role Play # 2
- \_\_\_\_\_ L&L: \_\_\_\_\_

BREAK (1:15)

- \_\_\_\_\_ Role Play # 3
- \_\_\_\_\_ Role Play # 4
- \_\_\_\_\_ L&L: \_\_\_\_\_
- \_\_\_\_\_ Reflections/Evaluation
- \_\_\_\_\_ Closing: (Rainstorm or Yarn Toss) \_\_\_\_\_

**Day 2 – Facilitator Team Meeting (3:45 - 4:15 PM)**

**DO TONIGHT: Affirmation Posters/Certificates**

**Day 3 – Session 5 (8:00 AM - 11:30 AM)**

- \_\_\_\_\_ Affirmation Posters Upon Entry (?)
- \_\_\_\_\_ Agenda Preview
- \_\_\_\_\_ Re-entry: One relationship I'd like to transform
- \_\_\_\_\_ Picture Sharing, 2 rounds
- \_\_\_\_\_ L&L: \_\_\_\_\_
- \_\_\_\_\_ Exercise: I see, you see

BREAK (9:30)

- \_\_\_\_\_ Exercise: Colored Dots
- \_\_\_\_\_ Deep Listening: Facts, Feelings, Values

LUNCH/WRITTEN EVALUATIONS/TEAM EVALUATIONS (11:30)

**Day 3 – Session 6 (12:00 AM – 2:00 PM)**

- \_\_\_\_\_ Re-entry: \_\_\_\_\_
- \_\_\_\_\_ Exercise: What is love?
- \_\_\_\_\_ Talking circle: Something I want to tell this group
- \_\_\_\_\_ Unanswered Questions / Where Do We Go From Here
- \_\_\_\_\_ Graduation

**Team Debrief (2:00 – 3:00 PM)**

**L&Ls:**

- |  |                                    |
|--|------------------------------------|
| Elephants & Palm Trees - chicken, dog, Vikings, jazz trio, helicopter, skunk, jello, general |                                    |
| Rainstorm  | Tennessee Squeeze                  |
| Ms. Mumbly   | Pretzel                            |
| Crocodiles & Frogs   | Jail Break                         |
| Pattern Ball   | Machines                           |
| Mountains & Valleys  | Concentration                      |
| Listen to the Universe   | I Love ya Baby, I just can't smile |
| Zip, Zap, Boing  | Back to Back                       |
| Earthquake   | Father Abraham                     |
| Howdy, Howdy, Howdy  | I'm going on a Picnic. A What??    |

**Re-entries**

- What I thought about last night
- My favorite hiding place as a child
- Something you don't know about me
- One relationship I'd like to transform
- I have the most fun when
- My first (or an early) experience of violence
- A way I let others know I have a positive attitude

**Other Exercises**

- Signals/Sidetracks
- What's Going On Here
- Hassle Lines
- World ball
- Human to human
- What is Love?
- I see, you see
- Who am i?