



When	What	
Preparation	<ul style="list-style-type: none"> - Participants receive training information and complete the three online modules - Participants submit any questions they have on the training information and online modules - Participants fill out the preparation sheet for the Varieties of Goodness exercise (this exercise is also known as the self-declaration approach) 	
Day 1 February 10th	9.00 – 9.15 9.15 – 9.30 9.30 – 10.15 10.15 – 10.30 10.30 – 11.15 11.15 – 12.30 12.30 – 13.15 13.15 – 14.30 14.30 – 14.45	Opening, welcome by two certified trainers Overview of the TRAIN THE TRAINER program and questions Exercise DILEMMA GAME (part 1) Break Exercise DILEMMA GAME (part 2) Exercise MIDDLE POSITION Lunch DEBATE AND DIALOGUE Questions and comments
Day 2 February 11th	9.00 – 9.15 9.15 – 10.10 10.10 – 10.25 10.25 – 11.10 11.10 – 12.40 12.40 – 13.10 13.10 – 13.25 13.25 – 14.00	Q&A (about the online assignments and follow up from the day before (if any)) Exercise VIRTUES AND NORMS (part 1) Break Exercise VIRTUES AND NORMS (part 2) Exercise SELF DECLARATION APPROACH (part 1) Lunch Exercise SELF DECLARATION APPROACH (part 2) Reflection on the two days and preparation for the assignments including tips about how participants can facilitate the exercises in their own setting
March	<ul style="list-style-type: none"> - Participants prepare to facilitate the five exercises by reading the exercise instructions and watching the videos (if available) - Participants practice the exercises with their own trainees or group of interested people - Participants fill-in and submit the self-evaluation sheet about the exercises 	
Day 3 April 7th	9.00 – 9.30 9.30 – 11.00 11.00 – 11.15 11.15 – 12.30 12.30 – 13.00 13.00 – 15.00 15.00 – 15.30	Setting goals for the day: collecting feedback and issues which need further clarification Practicing the role of trainer Break Practicing the role of trainer Lunch Practicing the role of trainer Reflection on the day and looking back at initial goals