## Descripción General del Taller de Entrenamiento Presencial para Personas Facilitadoras

### Resumen General del Taller

| Objetivos del Taller | * Los participantes podrán articular el propósito de Crianza con Conciencia + * Los participantes estarán familiarizados con la tecnología del chatbot de Crianza con Conciencia + * Las y los participantes podrán dirigir la sesión de integración presencial de Crianza con Conciencia + * Las y los participantes podrán usar la App de Formando Conciencia+ para: compartir mensajes; conectar los números de identificación de las madres, los padres y las personas cuidadoras; e informar sobre la asistencia * Las y los participantes podrán dirigir las sesiones de chat de WhatsApp con las madres, los padres y las personas cuidadoras * Las y los participantes podrán bridarle apoyo a las madres, los padres y las personas cuidadoras con las dificultades a las que se enfrenten al hacer los ejercicios en casa * Las y los participantes podrán responder ante los posibles retos que puedan surgir durante el desarrollo del programa * Las y los participantes sabrán cómo responder a los problemas relacionados con la protección de niñas, niños y adolescentes, además de otras situaciones de remisión | | | | |
| --- | --- | --- | --- | --- | --- |
| Materiales | * Tripié o pizarrón, rotafolios o cartulinas, plumones * Proyector y pantalla * Laptop o computadora de escritorio * Celular con WhatsApp y la app de Formando Conciencia+ * Registro de asistencia * Código QR para unirte al Grupo de WhatsApp de A-E-C-P * Cuadernos y plumas (1 por participante) * Gafetes o etiquetas con los nombres * Cinta adhesiva para pegar papeles en la pared * Reconocimientos de Participación (1 por participante) * Refrigerio (en caso de requerirse) | | | | |

| Programa para la Sesión del Día 1 | | | | | |
| --- | --- | --- | --- | --- | --- |
| Módulo | | Actividades | | Tiempo | |
| Módulo 1: Introducción al Programa | | * Bienvenida e Introducciones * Descripción General del Taller de Formación de Facilitadores y de Crianza con Conciencia + | | 40 min | |
|
| Módulo 3: Demostración En Vivo de la Sesión de Integración | | * Introducción a la sesión de integración * Demostración En Vivo: Curso de Cómo Usar Crianza con Conciencia+ en WhatsApp | | 1 hora 20 min | |
|
| Descanso (15 min) | | | | | |
| Módulo 3: Formando Conciencia+ App | | * Configurar la App Formando Conciencia+ * Configurar el Grupo de WhatsApp * Establecer las expectativas para el rol de la persona facilitadora * Agregar a madres, padres y personas cuidadores a Formando Conciencia+ * Aprender cómo informar sobre la asistencia a las sesiones * Introducción a la Sesión de Chat de WhatsApp | | 45 min | |
|
| Módulo 4: A-E-C-P | | * Aceptar * Explorar * Conectar * Practicar | | 45 min | |
|
| Cierre | | * Discutir la Actividad para Casa * Compartir Una Cosa que Aprendiste Hoy * Círculo de Agradecimiento * Haz una Pausa | | 10 min | |
|
|

| Programa para la Sesión del Día 2 | | | | | |
| --- | --- | --- | --- | --- | --- |
| Módulo | | Actividades | | Tiempo | |
| Actividades para el Empezar el Día 2 | | * Te damos la bienvenida * Concientización Emocional * Reflexión y Comentarios sobre el Día 1 | | 25 min | |
|
| Módulo 5: Práctica de la Sesión de Chat de WhatsApp | | * Estructura de la Sesión de Chat * Compartir conceptos clave * Práctica en grupos pequeños * Práctica: Transferir a los moderadores de grupo | | 1 hora 45 min | |
| Descanso (15 min) | | | | | |
| Módulo 6: Salvaguarda y Protección | | * ¿Qué significa salvaguardar? * Comprender el abuso, la negligencia y la explotación * Salvaguardar en el chatbot de Crianza con Conciencia + * Salvaguardar en las sesiones presenciales y en línea * El Rol del Facilitador en la salvaguarda y protección | | 10 min | |
| Módulo 7: Posibles Desafíos durante el Programa y Cómo Manejarlos | | * Lista de Posibles Desafíos o Retos * Explorar y Practicar Soluciones * Discutir sobre la Solución de Problemas en Grupo * Remisiones * Asesorías para las Personas Facilitadoras | | 1 hora | |
| Cierre | | * Preguntas * Ejercicio de Amabilidad y Cariño * Círculo de Agradecimiento * Siguientes Pasos | | 25 min | |
|
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### Preparación Requerida

* Leer la Guía para el Facilitador de Crianza con Conciencia + en la App de Formando Conciencia+.
* Repasar las diapositivas de PowerPoint.
* Asegurar que el Curso de Crianza con Conciencia+ en WhatsApp y que Formando Conciencia+ estén cargados y listos para usarse en tu teléfono y/o en tu computadora.
* Preparar e imprimir la hoja de asistencia.
* Preparar e imprimir el Código QR para que las personas facilitadoras se unan al Grupo de WhatsApp A-E-C-P.
* Confirmar los preparativos para la comida y el refrigerio, en caso de ser necesario.
* Llegar, por lo menos, 30 minutos antes para asegurarte de que el espacio está bien acomodado y listo para darles la bienvenida a las personas facilitadoras y modelarles cómo deben de darle la bienvenida a sus madres, padres y personas cuidadoras en sus propias sesiones.
* Preparar el espacio para la sesión acomodando las sillas en semicírculo. En el centro, al borde del semicírculo, coloca una silla para la persona entrenadora principal y otra silla para su acompañante junto al tripié o pizarrón con los rotafolios.
* Asegurar que cualquier tecnología necesaria para la sesión esté preparada: tu teléfonos está cargado y la conexión a internet es segura. Ten un plan o un respaldo para cualquier falla eletrónica o tecnológica.
* Asegúrate de que tu compañero y tú hayan llevado a cabo una sesión de prueba del taller.
* **Usar un Pizarrón para Recordatorios:** Es probable que las personas que van a participar en el programa te hagan preguntas importantes o saquen temas nuevos que necesiten tiempo para discutirse. Si el ejercicio que están haciendo no corresponde al tema planteado o si no hay suficiente tiempo para debatir el asunto en ese momento, escribe la pregunta o el tema en un rotafolio llamado "Recordatorios" para guardarlo para más adelante.

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## Día 1: Taller para Facilitadores

### Resumen General de la Sesión

#### Objetivos de la Sesión

* Cada participante podrá articular el propósito del Programa de Crianza con Conciencia+.
* Cada participante conocerá y usará la tecnología del chat automatizado de Crianza con Conciencia+.
* Cada participante podrá dirigir la sesión de integración presencial del Programa de Crianza con Conciencia+.
* Cada participante podrá usar la App de Formando Conciencia+ para: compartir mensajes; conectar los números de identificación de las madres, los padres y las personas cuidadoras; e informar sobre la asistencia.
* Cada participante podrá usar A-E-C-P mientras dirige las sesiones de chat de WhatsApp.

#### Materiales Requeridos

* Tripié o pizarrón, rotafolios o cartulinas, plumones
* Proyector y pantalla
* Laptop o computadora de escritorio
* Celular con WhatsApp y la app de Formando Conciencia+
* Registro de asistencia
* Código QR para unirte al Grupo de WhatsApp de A-E-C-P
* Hojas en blanco y plumas (1 por participante)
* Gafetes o etiquetas con los nombres
* Cinta adhesiva para pegar papeles en la pared
* Refrigerio (en caso de requerirse)

| Programa para la Sesión del Día 1 | | | | | |
| --- | --- | --- | --- | --- | --- |
| Módulo | | Actividades | | Tiempo | |
| Módulo 1: Introducción al Programa | | * Bienvenida e Introducciones * Descripción General del Taller de Formación de Facilitadores y de Crianza con Conciencia + | | 40 min | |
|
| Módulo 3: Demostración En Vivo de la Sesión de Integración | | * Introducción a la sesión de integración * Demostración En Vivo: Curso de Cómo Usar Crianza con Conciencia+ en WhatsApp | | 1 hora 20 min | |
|
| Descanso (15 min) | | | | | |
| Módulo 3: Formando Conciencia+ App | | * Configurar la App Formando Conciencia+ * Configurar el Grupo de WhatsApp * Establecer las expectativas para el rol de la persona facilitadora * Agregar a madres, padres y personas cuidadores a Formando Conciencia+ * Aprender cómo informar sobre la asistencia a las sesiones * Introducción a la Sesión de Chat de WhatsApp | | 45 min | |
|
| Módulo 4: A-E-C-P | | * Aceptar * Explorar * Conectar * Practicar | | 45 min | |
|
| Cierre | | * Discutir la Actividad para Casa * Compartir Una Cosa que Aprendiste Hoy * Círculo de Agradecimiento * Haz una Pausa | | 10 min | |
|
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### Módulo 1: Introducción a Crianza con Conciencia+ (40 min)

#### Bienvenida y Presentaciones (25 min)

##### Bienvenida Grupal (5 min)

###### Resumen

Da una bienvenida cálida y alegre a cada participante que va llegando a la sesión. Reconoce su esfuerzo al apartar un tiempo de su día para venir al taller. Seguramente muchos de ellos tendrán otras responsabilidades o cosas de trabajo que hacer. ¡Apartar dos días para un taller intensivo no es una hazaña fácil!

Cada participante debe de recibir un gafete o una etiqueta con su nombre. Anímales a escribir su nombre lo suficientemente grande para que todas las personas que participen en el taller puedan leerlo.

###### Instructions ([Slide](https://docs.google.com/presentation/d/1EXuJBIEbd-WohBCFeso0FmL0TNwOnl8fi36HQT_hrsE/edit#slide=id.p6))

Empieza por invitar a cada persona facilitadora a presentarse ante el grupo.

Pídele a cada persona facilitadora que comparta lo siguiente:

* Su nombre, la organización a la que pertenecen y la posición que ocupan dentro de su organización.
* El número de niñas, niños o adolescentes que tienen a su cargo, si es que tienen.
* Una actividad que les guste hacer con sus niñas, niños u otros miembros de la familia.

Anima a cada persona del grupo a participar y asegúrate de que todas y todos tengan la oportunidad de hablar.

Puede ser útil que les menciones que tendrán muchas oportunidades para compartir sus historias y opiniones. ¡Tu compañero y tú también deben de compartir un poco sobre ustedes!

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##### Conociéndonos (5 min)

###### Resumen

Esta actividad ayudará a las personas facilitadoras a apreciar la diversidad de la sala y a descubrir las cosas que tienen en común y las conexiones entre participantes. Esta actividad es similar a la que las personas facilitadoras llevarán a cabo con las madres, los padres y las personas cuidadoras durante la sesión de integración presencial.

Instructions [(Slide)](https://docs.google.com/presentation/d/1rno2ReWU3s16SOG4nCkzjS287vZoK81c_btTElRgOks/edit#slide=id.g2bb847491d1_0_1192)

* Coméntales a las personas facilitadoras que este ejercicio se hará en silencio. La persona entrenadora leerá algunas de las afirmaciones (una a la vez).
* Al final de cada afirmación, la persona entrenadora hará una pausa.
* Indícales a las personas facilitadoras que si la afirmación es cierta para alguien, debe de dar un paso hacia el interior del círculo.
* Tómense un momento para que cada participante observe quién está dentro círculo, compartiendo la misma experiencia, y quién no.
* Después, deben regresar al borde del círculo para escuchar la siguiente afirmación.
* Cuando se hayan leído todas las preguntas, invita a los participantes a añadir, de uno en uno, una afirmación que sea cierta para ellos y que no se haya mencionado ya.

Lee las siguientes afirmaciones en voz alta:

1. Solo tengo una niña o un niño increíble.
2. Algunas mañanas, realmente quiero dormir hasta mediodía.
3. Bailar es mi actividad favorita.
4. Soy padre, madre o cuidador de un adolescente.
5. Siento que ser adulto es difícil, pero me esfuerzo al máximo.
6. Cantar me ayuda a aliviar el estrés.
7. Soy padre, madre o cuidador de una niña o un niño.
8. Me gusta dibujar o pintar.
9. Tengo una mascota.
10. Quiero aprender de los aciertos y de los errores de mi madre o padre.
11. Grito cuando veo una película de miedo.
12. Me encanta cocinar.
13. Trabajo con familias de niñas y niños de entre 2 y 11 años.
14. Trabajo con familias de adolescentes.
15. Trabajar con familias es uno de los trabajos más difíciles, pero también de los más satisfactorios.

Después de leer las afirmaciones, anima a las personas facilitadoras a reflexionar sobre las conexiones que comparten con las demás personas en la sala. Compárteles a las personas facilitadoras que nuestras experiencias pueden variar, pero que la diversidad del grupo es lo que hace que nuestra comunidad de apoyo para la crianza sea enriquecedora y que esté llena de entusiasmo. A pesar de tener diferentes orígenes y trayectorias, podemos aprender lecciones valiosas unos de otros.

##### Estableciendo Reglas Básicas (10 min)

###### Resumen

Esta actividad establece las reglas básicas que modelan cómo impartir el programa a las madres, los padres y las personas cuidadoras. Utiliza el mismo formato que se usa en el programa. Durante este entrenamiento, establecerás las reglas básicas para las sesiones presenciales. Sin embargo, durante la sesión presencial de integración, dirigida por las personas facilitadoras, cada persona facilitadora creará las reglas básicas para sus Grupos de Apoyo de WhatsApp.

###### Instrucciones (Diapositiva)

* Coloca la cartulina o el rotafolio y escribe en la parte superior: Reglas básicas.
* Pídele a cada participante que piense en las cosas que considera que son importantes para poder sentir comodidad, respeto, seguridad y apoyo en el grupo.
* Invita a cada participante a mencionar una regla básica.
* Una de las personas facilitadoras debe de dirigir la discusión mientras su auxiliar de facilitación escribe las reglas en el rotafolio. **Asegúrate de que las Reglas Básicas describen comportamientos positivos.**
* Puedes propiciar que se establezcan reglas para temas específicos como el uso de celulares y el respeto. Puedes repetir lo que dicen y explorar las reglas para asegurarte de que cada participante esté de acuerdo y entienda la regla.
  + Por ejemplo, si alguien menciona "Respeto", pregúntale qué significado le dan. ¿Qué tipo de comportamiento demuestra "Respeto"?
* Asegúrate de que todo el mundo está de acuerdo y tiene la oportunidad de contribuir antes de pasar a otra sugerencia.

Algunas reglas básicas útiles pueden ser:

Puedes agregarlas después de que las personas facilitadoras hayan compartido sus reglas (en ese momento o más adelante en la sesión, cuando ya conozcan mejor cómo está compuesto el programa).

* Por favor, procuren llegar a tiempo.
* Los celulares estarán en modo silencio durante la sesión.
* ¡Acepta la diversidad de opiniones!
* Cada persona es diferente y tendrá distintas experiencias que compartir sobre el programa.
* Cada participante tendrá la oportunidad de hablar y practicar lo aprendido.
* El respeto es primordial y se puede demostrar al tomar la palabra por turnos, escuchar y prestar atención.
* Lo que se dice en el grupo, se queda en el grupo.
* Solo comparte lo que te sientas agusto compartiendo con las demás personas del grupo.
* Acepta y respeta que las personas pueden tener reglas diferentes a las tuyas.
* Por favor, acércate con las personas entrenadoras si tienes cualquier duda.

##### Discusión sobre las Reglas Básicas (5 min)

Tras dirigir la actividad sobre el establecimiento de las reglas básicas, pregúntales a las personas facilitadoras lo siguiente:

* ¿Tienes alguna pregunta sobre la actividad?
* ¿Cómo te sentiste al hacer esta actividad para establecer las reglas básicas?
* ¿Qué habilidades de facilitación observaste mientras yo dirigía esta actividad?
* ¿Qué aspecto de esta actividad te preocupa como persona facilitadora para cuando te toque dirigir el ejercicio?

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#### Descripción General del Taller de Entrenamiento para Personas Facilitadoras y del Programa de Crianza con Conciencia+ (15 min)

##### Compartir su experiencia colectiva y sus desafíos o retos (5 min)

###### Resumen

Esta sección está diseñada para ayudar a las personas facilitadoras a establecer conexiones significativas entre sus experiencias personales y los objetivos generales del programa. Al compartir sus retos y reflexiones, las personas facilitadoras pueden alinear su camino con los objetivos generales de esta iniciativa para apoyar a la comunidad.

###### Instruction [(Slide)](https://docs.google.com/presentation/d/1EXuJBIEbd-WohBCFeso0FmL0TNwOnl8fi36HQT_hrsE/edit#slide=id.p9)

* Ask the facilitators to reflect on their engagement with the mothers, fathers and caregivers in their community.
* Ask them to take a moment and think about their personal experiences engaging with the mothers, fathers and caregivers in their community. How have these interactions resonated with them on a personal level?
* Ask participants to share in pairs any moments that left a lasting impact on them (give each about 30 seconds to share).
* Ask a few participants to share with the wider group.
* Ask participants to think of some of the challenges they faced while engaging with the community's mothers, fathers and caregivers.
* Ask participants to share in pairs (give each about 30 seconds to share).
* Ask a few participants to share with the wider group.
* Thank the group for sharing.

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##### Connecting Participant’s experiences to Crianza con Conciencia+ objectives (10 min)

###### Instrucción ([Diapositiva](https://docs.google.com/presentation/d/1EXuJBIEbd-WohBCFeso0FmL0TNwOnl8fi36HQT_hrsE/edit#slide=id.p9))

As you review the background of Crianza con Conciencia+ objectives, connect it to the participants' experiences and challenges.

Use the slides in the Facilitator Workshop PowerPoint to introduce participants to the theoretical background, structure, and content of the Crianza con Conciencia+ programme.

El PowerPoint cubre los siguientes temas:

* Background on girl, boy or teen development and violence against boys, girls, or teens.
* Background and description of Crianza con Conciencia+ Programme.
* Overview and agenda of the Facilitator Training Workshop.

| Nota  This might be their first exposure to the programme, so go through each slide slowly, making sure that everyone understands you. Permite que los participantes hagan preguntas después de cada diapositiva y al final de la presentación. |
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### Módulo 2: Demostración En Vivo de la Sesión de Integración (1 hora 20 min)

#### Introducción a la sesión de integración (5 min)

###### Resumen

You and your co-trainer will now lead a live demo for the onboarding session with facilitators. During this demo, you'll be the "facilitator," and the facilitator will act as the "mothers, fathers and caregivers."

Recuerda seguir la aproximación de A-E-C-P durante la demostración.

###### Instruction ([Slide](https://docs.google.com/presentation/d/1EXuJBIEbd-WohBCFeso0FmL0TNwOnl8fi36HQT_hrsE/edit#slide=id.p47))

Share with the facilitators that you will now be demonstrating the in-person onboarding session, in which you will play the role of “facilitators”, and they will play the role of “mothers, fathers and caregivers.”

During the demonstration, ask the mothers, fathers and caregivers to reflect on:

* Las habilidades de facilitación utilizadas por el capacitador y su compañero
* How was their experience as mothers, fathers and caregivers?
* What are the areas that mothers, fathers and caregivers might find challenging during the onboarding session?

Using the PowerPoint slides, share the following:

* Objectives of the onboarding session
* Agenda of the onboarding session

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#### Live Demonstration: Getting Started with the Crianza con Conciencia+ WhatsApp Course (1 hour 15 min)

##### Demostración: Introducción al Uso del Teléfono (5 min)

###### Resumen

The overview and instructions for this activity can be found in Getting Started with the Crianza con Conciencia+ WhatsApp Course in your Facilitator Guide.

###### Instrucciones ([Diapositiva](https://docs.google.com/presentation/d/1EXuJBIEbd-WohBCFeso0FmL0TNwOnl8fi36HQT_hrsE/edit#slide=id.p49))

Comparte los siguientes puntos con los participantes:

* The facilitators should model all the basics of operating a mobile phone (even if they can already do it).
* This activity will help mothers, fathers and caregivers understand the basics of operating a mobile phone and start interacting with the Crianza con Conciencia+ Chatbot chatbot.

Share the checklist of the demonstrations that facilitators should make

* Prender y apagar el celular
* Navegar en el menú de configuración del celular - ajustar el brillo, instalar y desinstalar apps, tomar y compartir capturas de pantalla
* Navegar en el menú de Configuración de WhatsApp - responder mensajes
* Take a screenshot and share it in a WhatsApp Group
* Cargar el celular
* Activar y desactivar los datos móviles
* Gestionar el almacenamiento interno del celular
* Seguridad digital
* Prevenir daños al teléfono

Recuérdale a los participantes que deben de ofrecer ayuda considerando las necesidades individuales de cada quién, especialmente de aquellas personas que no estén familiarizadas con un teléfono móvil o celular.

Pregúntale a los participantes si tienen alguna duda.

##### Demonstration: Crianza con Conciencia+ WhatsApp Course Onboarding (30 min)

###### Resumen

The overview and instructions for this activity can be found under Getting Started with Crianza con Conciencia+ WhatsApp Course in “Guide for In-Person Onboarding” in your Facilitator Guide on Formando Conciencia+ App.

This section helps participants access Crianza con Conciencia+ Chatbot via WhatsApp.

| Nota  A trigger word is a special word that you type in the WhatsApp course to start the chatbot or ask the chatbot to do a specific action.  Facilitators and mothers, fathers and caregivers have different trigger words to start the chatbot, and facilitators should not share the trigger words used in the training with the caregivers. This could lead to confusion and data issues.  Facilitators will find the trigger word to be used during the onboarding session in their facilitator guide. |
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Demonstration (10 min):

Follow the instructions in the “Guide for In-person onboarding” for “Crianza con Conciencia+ in WhatsApp Onboarding”. Then, model to the facilitators how to begin interacting with the Crianza con Conciencia+ WhatsApp Course.   
  
Use the trigger word to start the course from the slides, not the manual.

Questions to ask after demonstrating the activity (5 min):

* How did you feel when experiencing the onboarding as mothers, fathers and caregivers?
* What different facilitation skills did you notice while I was delivering these activities?
* What aspects of these topics are you concerned about delivering as a facilitator yourself?

**Note**: You only have to ask a few of these questions. ¡La idea principal es ponerlos a pensar sobre su rol como facilitadores!

###### Practise in Small Groups (15 min):

* This will be the facilitators’ first practice in small groups as facilitators and mothers, fathers and caregivers. It is important that you and your co-trainer model how to help mothers, fathers and caregivers practise skills using the following steps:
* Divide the group into small groups (4 to 6 participants each). Ask each group to select a facilitator to go first.
* The first facilitator will lead the group the “Introduction to Phone Use”.
* Rotate facilitators before moving on to “Crianza con Conciencia+ WhatsApp Course Onboarding.”
* Make sure the groups STOP before moving on to the next activity.

Things you should do during group practice:

* Describe exactly what “facilitator” and “parent” will be doing during the practice
* Give support to participants during group practice (shadow)
* Debrief with “facilitators” about experiences and feelings
* Debrief with “mothers, fathers and caregivers” about their experiences and feelings
* Ask the participants what possible challenges they might experience when delivering this activity to mothers, fathers and caregivers

Thank and praise participants for completing their first practice activity

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##### Demonstration (continued) of Onboarding Session (40 min)

Demonstration (20 min)

Follow the instructions in the “Guide for In-Person Onboarding”. Model to the facilitators through:

* First Parenting Skill: Self-care: a short relaxation exercise.
* Walk through the first lesson of the Crianza con Conciencia+ chatbot, where the caregivers will understand what is typically included in a lesson in the chatbot.
* Resolving challenges in Crianza con Conciencia+ chatbot.

Questions to ask after demonstrating the activity (5 min):

* How did you feel when experiencing the onboarding as mothers, fathers and caregivers?
* What different facilitation skills did you notice while I was delivering these activities?
* What aspects of these topics are you concerned about delivering as a facilitator yourself?

###### Practise in Small Groups (10 min):

* Use the same small group from the previous activity.
* Ask the facilitators to explore the following in the WhatsApp Course:
  + Typing MENU and changing their settings
  + Typing HELP and exploring the resources in the chatbot
  + Typing PLAY and exploring the playful activities available in the chatbot.
* Make sure the groups STOP before moving on to the next activity.

###### Discussion after group practice (5 min):

* Debrief with “facilitators” about experiences and feelings
* Ask the participants what possible challenges they might experience when delivering this activity to mothers, fathers and caregivers.

**Note**: You only have to ask a few of these questions. ¡La idea principal es ponerlos a pensar sobre su rol como facilitadores!

### 

### Descanso (15 min)

### Módulo 3: Formando Conciencia+ App (45 min)

###### Resumen

You have demonstrated to the facilitators how to guide mothers, fathers and caregivers through onboarding into the WhastApp course.

Formando Conciencia+ is designed especially for facilitators to deliver Crianza con Conciencia+ and simplify their efforts in providing online support to the mothers, fathers and caregivers. Al usar Formando Conciencia+, las personas facilitadoras podrán compartir el contenido semanal y reunir toda la información necesaria de manera eficiente y sin complicaciones. El diseño estructurado e intuitivo de Formando Conciencia+ asegura que todas las funciones esenciales son fáciles de encontrar.

Una de las funciones clave de la App son los mensajes programados que aseguran que la sesión de chat de WhatsApp tenga una estructura. The WhatsApp groups led by trained facilitators are designed to support parent engagement in the Crianza con Conciencia+ WhatsApp Course. The role of the facilitator is to draw mothers, fathers and caregivers into the WhatsApp course and create a safe space that encourages meaningful sharing among them. Para esto, se requiere que las personas facilitadoras compartan los mensajes programados que se encuentran en la App de Formando Conciencia+.

Formando Conciencia+ also contains a Facilitator Guide that provides guidance to facilitators on how to conduct the in-person session, report attendance, and safeguarding issues.

Formando Conciencia+ on Google Play Store

Formando Conciencia+ on Apple App Store.

In this section, you will walk the facilitators through the steps to prepare for the weekly chat sessions:

* Setting up their Formando Conciencia+ App
* Configurar el Grupo de WhatsApp
* Establecer las Reglas Básicas del Grupo de WhatsApp
* Establecer las Expectativas para el Rol de Facilitador
* Conectar Formando Conciencia+ y el Número de Identificación del Padre, Madre o Persona Cuidadora
* Informar de la asistencia en la App Formando Conciencia+

#### Configurar la App de Formando Conciencia+ (10 min)

**Instructions (**[**Slide**](https://docs.google.com/presentation/d/1EXuJBIEbd-WohBCFeso0FmL0TNwOnl8fi36HQT_hrsE/edit#slide=id.p58)**)**

* Introduce the Formando Conciencia+ App to the facilitators:
  + La App Formando Conciencia+ está diseñada para apoyar a las personas facilitadoras durante la impartición del Programa Crianza con Conciencia +.
  + las personas facilitadoras usarán la App Formando Conciencia+ para:
    - Add mothers, fathers and caregivers to Formando Conciencia+ App.
    - Access the Facilitator Guide for delivering the in-person session.
    - Conduct chat session.
    - Handle safeguarding issues.
* Reproduce el video de configuración del perfil del facilitador en la App. Pídele a las personas facilitadoras que vayan siguiendo el video (Diapositiva)
* Pídele a todos los participantes que abran la app en sus celulares.
* Guía a los participantes en la configuración de su perfil en la App.
* Proporciona una visión general de la interfaz de la App Formando Conciencia+, cubriendo las siguientes secciones clave
  + Los tres botones que se encuentran en la parte inferior de la App para Informar sobre la Asistencia, desconocido y Perfil:



* + Las cinco secciones de la pantalla de inicio
    - Guía del Facilitador
    - Sesiones de Chat
    - Preguntas Frecuentes
    - Desafíos Comunes
    - Salvaguardar y Proteger
  + The Menu bar on the top right is for giving feedback.
* Share things to keep in mind when using Formando Conciencia+.
  + Device Usage:
    - Ensure you use Formando Conciencia+ on only one mobile phone throughout the programme. Your mothers, fathers and caregivers' information does not automatically transfer from one device to another.

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#### Configuración del Grupo de WhatsApp (3 min)

###### Instruction ([Slide](https://docs.google.com/presentation/d/1EXuJBIEbd-WohBCFeso0FmL0TNwOnl8fi36HQT_hrsE/edit#slide=id.p75)):

Recuérdale a los participantes que deben intentar crear y configurar su Grupo de WhatsApp antes de la sesión de integración.

Por favor, asegúrate de que has hecho lo siguiente antes de que empiece la sesión de integración:

* Save the names and WhatsApp numbers of the mothers, fathers and caregivers assigned to you on your phone (if available) so you can easily confirm details during the onboarding session.
* Create your WhatsApp group (with a temporary group name, icon, and description). El nombre de cada grupo de WhatsApp tiene la misma estructura:
  1. “CC+
  2. Local identification, like the community name. For example CC+ Irapuato”

When you create your temporary group name, you will use “CC+ Irapuato”

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#### Establecer las Expectativas para el Rol de Facilitador (2 min)

###### Instruction [(Slide)](https://docs.google.com/presentation/d/1EXuJBIEbd-WohBCFeso0FmL0TNwOnl8fi36HQT_hrsE/edit#slide=id.p79)

Después de la sesión de integración, el papel del facilitador es:

* Engage caregivers in the weekly chat sessions according to the schedule.
* Support caregivers with any challenges they face.
* Make sure all the mothers, fathers and caregivers are following the ground rules discussed earlier .
* Reportar cualquier caso de abuso de niñas, niños, adolescentes y adultos
* Choose a group admin at the end of the programme (if possible).
* Salir del grupo una vez terminado el programa. However, mothers, fathers and caregivers can continue learning through Crianza con Conciencia+.

#### Adding mothers, fathers and caregivers to Formando Conciencia+ (20 min)

##### Demostración (5 min)

* Facilitators can find the information on how to add a parent and a co-parent in Formando Conciencia+ under “How to Add mothers, fathers and caregivers & Report Attendance” in the Facilitator Guide section.
* Demonstrate how to add the parent and co-parent profiles from the slide.
* Instrucciones para agregar a un padre, una madre o un cuidador y a su compañero de crianza
  + How to Add a Parent:
    - Selecciona el ícono de perfil en la barra de navegación inferior.
    - Elige "Añadir Padre, Madre y Cuidador"
    - Introduce los datos de los padres, madres y cuidadores en el formulario. To enter the parent’s unique identifier (UID), ask them to text “ID” on the Crianza con Conciencia+ WhatsApp Course.
    - You will collect parent’s unique identified (UID) during the onboarding session using [this attendance register](https://docs.google.com/document/d/1xKsDVExSdgKn1IoO8a_soWWwfio1Zti6/edit).
    - Alternatively, you can ask them to screenshot or copy the 6 digit number and send it you.
    - Type the 6-digit number into the parent profile.
  + Para agregar a un compañero de crianza:
    - If two mothers, fathers and caregivers are participating in the programme, together, you must link their accounts.
    - Una vez que hayas añadido el primer perfil de padre, madre o cuidador, para añadir un segundo padre, madre o cuidador selecciona "Añadir padre, madre o cuidador".
    - Introduce los datos de los padres, madres y cuidadores en el formulario. To enter the parent’s unique identifier (UID), ask them to text “ID” on Crianza con Conciencia+ WhatsApp Course. Copia el número de 6 dígitos en el perfil la madre, el padre o cuidador.
    - Selecciona "Añadir Compañero de Crianza"
    - Selecciona al compañero de crianza de entre los perfiles de usuario de padres, madres y cuidadores disponibles.
    - Selecciona "Guardar".
    - Los perfiles de ambos padres, madres o cuidadores se actualizarán para hacer constar al compañero de crianza.
  + Dale a los participantes unos minutos para ir siguiendo el video.

##### Practise in Small Groups (10 min)

* Use the same small group from the previous activity.
* Ask one person to act as a “facilitator” while others act as mothers, fathers and caregivers.
* The facilitator should add the mothers, fathers and caregivers to their Formando Conciencia+ App.
* Ensure that the group includes at least one example of a co-parent.
* Ask the group to include at least one co-parent.
* Repeat the activity with another person acting as the facilitator.

##### Discussion after group practice (5 min):

* Debrief with “facilitators” about experiences.
* Ask the participants what possible challenges they might experience when delivering this activity.

| Nota  Remind the facilitators to delete the mothers, fathers and caregivers and co-mothers, fathers and caregivers added during the training |
| --- |

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#### Cómo Informar la Asistencia a las Sesiones (5 min)

* Demonstrate the following on the Formando Conciencia+ App:
  + Selecciona el ícono de lápiz en la barra de navegación inferior.
  + Select whether you are reporting on an in-person or WhatsApp session with your mothers, fathers and caregivers.
  + Remind the participants that they must report attendance for their mothers, fathers and caregivers after every in-person and WhatsApp session.
  + Completa el informe.
  + En caso de que el facilitador quiera editar el informe:
    - Selecciona el ícono de lápiz en la barra de navegación inferior.
    - Selecciona si la sesión que quieres editar era presencial o de WhatsApp.
    - Selecciona la sesión que quieres editar.
    - Aparecerán tus selecciones anteriores. You can now edit your selections and select “Save”.
  + Ask the participants if they have any questions about reporting attendance.
  + Tell facilitators that there will also be a checklist where they can report whether they have done all the activities.

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#### Introducción a la Sesión de Chat de WhatsApp (5 min)

I**nstructions (**[**Slide**](https://docs.google.com/presentation/d/1EXuJBIEbd-WohBCFeso0FmL0TNwOnl8fi36HQT_hrsE/edit#slide=id.p84)**):**

* Explain to facilitators that the WhatsApp groups in Crianza con Conciencia+ are to provide mothers, fathers and caregivers with additional support on parenting skills during the programme.
* Share that there are 4 WhatsApp chat sessions.
* Ask the participants to look for the "Chat sessions" section on the Formando Conciencia+ homepage.
* Demonstrate or play a video of how facilitators share messages using the Formando Conciencia+:
  + Una vez que encuentres el contenido de esa semana, ubica el icono de "Compartir". Suele representarse con una flecha que apunta hacia arriba o una caja con una flecha, y se usa para compartir contenido.
  + Haz clic en el icono de "Compartir".
  + En el menú que aparece, selecciona "WhatsApp" como opción para compartir. Elige tu grupo de WhatsApp de la lista.
  + Before you hit the "Send" button, make sure to add any necessary information.
  + Por último, haz clic en el botón de "Enviar" para compartir el contenido con tu grupo de WhatsApp.

### Módulo 4: Aceptar, Explorar, Conectar y Practicar (45 min)

The Accept, Explore, Connect, and Practice (A-E-C-P) method is the main facilitation technique used in the delivery of the programme. Implica escuchar activamente, la facilitación colaborativa, el fomento de la autoconciencia, el énfasis hacia los principios básicos y la oportunidad de practicar las habilidades aprendidas.

Les presentamos el enfoque A-E-C-P a los participantes de la formación con un ejercicio de aprendizaje activo que también modela el proceso A-E-C-P. ¡También es importante que tú modeles este enfoque a lo largo de la formación de las personas facilitadoras!

#### Preparación

Prepare the flipchart in the following way:

| **A**ccept |  | **E**xplore | **C**onnect | **P**ractice |
| --- | --- | --- | --- | --- |
| How? |  |  |  |  |
| Why? |  |  |  |  |

*Example of how to set up the flipchart for facilitating Accept, Explore, Connect, and Practise.*

On the top half of the flipchart, write **HOW** the trainees can use the specific technique. These should describe specific behaviours or skills – guide the trainees to be as specific as possible. For instance, if a trainee suggests that they can ACCEPT a participant’s responses in a WhatsApp chat session, you should ask them to describe in detail what specific words would show Accept. This also models EXPLORE for them in an explicit way!

On the bottom half of the flipchart, write **WHY** the specific technique might be useful for the trainees to achieve the programme's objectives. Encourage the trainees to be as specific as possible here, too. For example, if a trainee suggests that Explore will help them know more about a parent, ask the trainee to describe what they would like to know more about in more detail. WHY also is a modelling of CONNECT!

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#### Cómo Impartir el Entrenamiento en A-E-C-P

The following is a suggestion on how to deliver the A-E-C-P training. Start the activity with trainees by telling them that they will now be introduced to the main facilitation technique used in the programme: Accept-Explore-Connect-Practice, or A-E-C-P.

##### ACEPTAR

1. **HOW**: Ask the participants to describe **HOW** they can show that they **ACCEPT** the participation and contributions of the mothers, fathers and caregivers in a WhatsApp chat session. You can prompt them to describe ways to show ACCEPT.
   1. Possible questions include:
      1. How can you show that you **ACCEPT** the responses of participants?
      2. How do you show that you **ACCEPT** and appreciate or welcome their opinions, views, or thoughts?
      3. How can you do this through words or emojis?
   2. Possible suggestions from trainees can include:
      1. Verbal statements: Using the participant’s name, thanking the participant, praising the contribution, etc.;
      2. Using reflexive statements: Paraphrasing or repeating back what the participant has said to show that you really heard them. ¡Este es un aspecto clave de escuchar activamente!
   3. Write these suggestions in the section in the top half of the flipchart under ACCEPT.
2. **WHY:** Ask the participants to describe **WHY** they should **ACCEPT** the participation and contribution of mothers, fathers and caregivers during the programme.
   1. Possible questions to help with the discussion include:
      1. What would this help them achieve in terms of participation and learning?
      2. Why could this be helpful to mothers, fathers and caregivers who are shy or hesitant to engage in the programme?
      3. What would the effect of praising mothers, fathers and caregivers’ contribution be?
      4. Why is it important to use reflexive statements or paraphrasing?
   2. Possible suggestions from the trainees include:
      1. Makes mothers, fathers and caregivers feel welcome;
      2. Fomenta la participación, especialmente de los que son más tímidos;
      3. Muestra que respeta y valora sus respuestas y las considera contribuciones importantes;
      4. Builds trust and a positive relationship between you and the mothers, fathers and caregivers;
      5. Manages the participants' responses so that they only talk for 30 seconds or less (Note: this may be difficult for the participants to identify, so you really have to show them how you do it!).

**IMPORTANT NOTE:** Throughout this discussion you should be actively demonstrating, or modelling, how to **ACCEPT** the trainees' contributions. If they are having difficulties suggesting **HOW** and **WHY,** you can ask them to pay more attention to how you are behaving, notice what you are doing to **ACCEPT** their responses, and how it makes them feel. This might make it easier for them to connect to something more tangible because you are doing it in front of their eyes!

1. Demonstrate ACCEPT in a WhatsApp chat session.
   1. Share the QR code to join the A-E-C-P WhatsApp Group and ask everyone to join the WhatsApp Group.
   2. The trainer will act as a the facilitator for demonstration.
   3. Identify 5 facilitators and ask them to act as mothers, fathers, and caregivers. The rest of the facilitators will observe the interaction.
   4. The “facilitator” will share the first message “Message 1: Home Activity Check-in”, from chat session one .
   5. The “facilitator” practices showing **ACCEPT** while the “caregiver” briefly shares;
   6. Pause after demonstrating ACCEPT.
   7. Ask the participants to highlight how the “facilitator” used ACCEPT
   8. Ask the participants how the “facilitator” handled the group dynamic.
2. Trainees practise **ACCEPT** using the following steps:
   1. Ask the facilitators to create another temporary WhatsApp group with the others in their small group.
   2. If any participant feels uncomfortable sharing their phone number, they can simply choose to observe their peers.
   3. Each group should choose a facilitator to go first. Other participants should pretend that they are mothers, fathers and caregivers who are experiencing the Crianza con Conciencia+ WhatsApp Course. “Mothers, fathers and caregivers” can share positive and negative experiences.
   4. The “facilitator” will share the first message “Message 1: Home Activity Check-in”, from chat session one .
   5. The “facilitator” practices showing **ACCEPT** while the participant briefly shares;
   6. Make sure that the “facilitator” remembers the following  **main building blocks** for **ACCEPT**:
      1. Praises the contribution of the participant;
      2. Parafrasear o reflexionar sobre lo que dijo el participante.
   7. Switch roles so each participant can practise being a “facilitator” and a “participant.”
3. Lead a group discussion after the practice to explore the trainees’ experiences and thoughts about practising **ACCEPT:**
   1. What was it like to practise **ACCEPT** as a facilitator?
   2. What was it like to praise their contribution? What was it like to paraphrase their responses?
   3. How did it feel to be praised as a participant? How did it feel to hear your contribution paraphrased or reflected back to you?
   4. What was difficult about this activity, and why was it difficult?
4. The trainees might come up with additional ways **HOW** to use **ACCEPT** and reasons **WHY** it might be important to do. Write these down on the flipchart!

##### EXPLORAR

1. **HOW:** Ask the participants to describe **HOW** they can **EXPLORE** the experiences, attitudes, feelings, and challenges shared by mothers, fathers and caregivers.
   1. Possible questions include:
      1. How can you **EXPLORE** the responses of participants?
      2. What kind of questions would help you **EXPLORE**?
      3. What kind of things would you want to **EXPLORE**?
      4. Whose experience should you **EXPLORE**?
   2. Possible suggestions from trainees can include:
      1. Preguntas abiertas: quién, qué, cuándo, dónde, por qué y cómo;
      2. Preguntas que eliciten más detalles: Cuéntame más…. ¿Puedes ser más específico? ¿Qué quieres decir?
      3. Perspective of the girl, boy and teen as well as the parent;
      4. Emotions of mothers, fathers and caregivers and girl, boy and teen;
      5. Cualquier dificultad que experimenten en casa;
      6. Write these suggestions in the section in the top half of the flipchart under **EXPLORE**.
2. **WHY:** Ask the participants to describe **WHY** they would want to explore in detail the mothers, fathers and caregivers' responses or contributions.
   1. Possible questions to help with the discussion include:
      1. Why is it important to **EXPLORE** the experiences, attitudes, and feelings of mothers, fathers and caregivers?
      2. Why is it important to **EXPLORE** the perspective of the girl, boy and teen?
      3. How would **EXPLORE** help the mothers, fathers and caregivers? What skill does it build for them?
   2. Possible suggestions from the trainees include:
      1. Gives you a more complete picture of what exactly happened at home or what a parent is thinking;
      2. Helps mothers, fathers and caregivers describe their experience and see it from a different perspective;
      3. Helps mothers, fathers and caregivers understand why they or their girl, boy and teenren responded in a specific situation;
      4. Helps mothers, fathers and caregivers become more aware of the impact of their decisions and behaviours and think critically about their parenting;
      5. Helps mothers, fathers and caregivers share their challenges, understand why the challenge occurred, and identify possible solutions to their challenges.

**IMPORTANT NOTE:** Throughout this discussion, you should actively demonstrate or model how to EXPLORE the trainees' contributions. Ask open-ended questions and explore how they feel about something emotionally.

1. Demonstrate EXPLORE in a WhatsApp chat session.
   1. Identify 5 new facilitators to continue the conversation as “caregivers”
   2. The “facilitator” practices showing **EXPLORE** while the “caregiver” briefly shares;
   3. Pause after demonstrating EXPLORE.
   4. Ask the participants to highlight how the “facilitator” used EXPLORE
   5. Ask the participants how the “facilitator” handled the group dynamic.
2. Trainees practise **EXPLORE** using the following steps:
   1. Continue the same conversation about the home activity check-in:
   2. The “facilitator” practices **EXPLORING** the experience of the “participant”;
   3. Asegúrate de que el "facilitador" recuerde las  **3 bases de EXLPORAR**:
      1. Hacer preguntas abiertas;
      2. Explorar las emociones de los participantes;
      3. Explorar la perspectiva de los demás sobre la historia del participante.
   4. Give trainees about 2 minutes of practice before switching roles, allowing each trainee to practise both being a “facilitator” and a “participant.”
3. Lead a group discussion after the practice to explore the trainees’ experiences and thoughts about practising **EXPLORE:**
   1. What was it like to practise **EXPLORE** as a facilitator?
   2. What was it like to have to think of questions to ask the participant?
   3. What made it easier for you to think of these questions (i.e., a sense of curiosity or attentive listening)?
   4. What was it like to still practise **ACCEPTING** the responses of the participants?
   5. How did it feel to be a participant in the activity?
   6. What was difficult about this activity, and why was it difficult?
4. The trainees might come up with additional ways **HOW** to use **EXPLORE** and reasons **WHY** it might be important to do. Write these down on the flipchart!

##### CONECTAR

1. La parte de **CONECTAR**  puede llegar a ser la parte más difícil del método **AECP**. It aims to help mothers, fathers and caregivers connect their experience to a principle or lesson about positive parenting or parent-girl, boy and teen interaction.
2. **CONECTAR** , también le ayuda al participante poder identificar **POR QUÉ**  algo es importante. Ya has estado modelando esta actividad en las discusiones anteriores sobre **ACEPTAR**  y **EXPLORAR** .
3. **HOW:** Ask the participants to describe **HOW** they can help mothers, fathers and caregivers identify reasons for why something might be helpful to them as mothers, fathers and caregivers by **CONNECTING** their experiences, attitudes, feelings, and challenges to the overall principles of positive parenting or improving parent-girl, boy and teen relationships.
   1. Possible questions include:
      1. How can we help participants **CONNECT** their experiences or challenges to positive parenting principles?
      2. How can we help them identify reasons why these principles might be important?
      3. What kind of questions would help you **CONNECT** how their experience relates to their lives?
   2. Possible suggestions from trainees can include:
      1. Explore how their experience might relate to their lives or relationship with their girl, boy and teenren;
      2. Explora cómo su experiencia podría relacionarse con algunos de los principios o habilidades que están aprendiendo durante el programa;
      3. Explore why this might be important or beneficial to them as mothers, fathers and caregivers;
      4. Explore why this might be important or beneficial to their girl, boy and teenren;
      5. Write these suggestions in the section in the top half of the flipchart under **EXPLORE**.
4. **WHY:** Ask the participants to describe **WHY** they would want to **CONNECT** in detail the responses or contributions of mothers, fathers and caregivers.
   1. Possible questions to help with the discussion include:
      1. Why is it important to **CONNECT** the experiences, attitudes, and feelings of mothers, fathers and caregivers to the principles of positive parenting?
      2. Why is it important to **CONNECT** to help the mothers, fathers and caregivers understand why a specific principle would be beneficial to then and their girl, boy and teenren?
      3. How would **CONNECT** help the mothers, fathers and caregivers? What skill does it build for them?
   2. Possible suggestions from the trainees include:
      1. Helps mothers, fathers and caregivers understand the reasons why they might want to try using a specific skill in their own words;
      2. Helps mothers, fathers and caregivers understand the benefits to themselves and their girl, boy and teenren;
      3. Refuerza la aceptación de una habilidad de crianza específica.

**IMPORTANT NOTE:** Throughout this discussion, you should actively demonstrate or model how to connect the trainees' contributions. Make sure you ask open-ended questions and also ask trainees how they might feel about something emotionally.

1. Demonstrate EXPLORE in a WhatsApp chat session.
   1. Identify 5 new facilitators to continue the conversation as “caregivers”
   2. The “facilitator” practices showing **CONNECT** while the “caregiver” briefly shares;
   3. Pause after demonstrating CONNECT.
   4. Ask the participants to highlight how the “facilitator” used CONNECT
   5. Ask the participants how the “facilitator” handled the group dynamic.
2. Trainees practise **CONNECT** using the following steps:
   1. You will continue the same conversation about the previous weekend that you did with **ACCEPT** and **EXPLORE**;
   2. The “facilitator” practices **CONNECTING** the experience of the “participant” to a larger positive principle;
   3. Make sure that the “facilitator” continues to use the main building blocks for **ACCEPT** and **EXPLORE;**
   4. Give trainees about 2 minutes of practice before switching roles, allowing each trainee to practise both being a “facilitator” and a “participant.”
3. Lead a group discussion after the practice to explore the trainees’ experiences and thoughts about practising **CONNECT:**
   1. What was it like to practise **CONNECT** as a facilitator?
   2. What made it easier to help participants **CONNECT** to reasons why they might want to do something fun or relaxing during the weekend?
   3. What was it like to still practise **ACCEPTING** and **EXPLORING**?
   4. How did it feel to be a participant in the activity?
   5. What was difficult about this activity, and why was it difficult?
4. The trainees might come up with additional ways **HOW** to use **CONNECT** and reasons **WHY** it might be important to do. Write these down on the flipchart!

##### PRACTICAR

1. The last step of A-E-C-P is **PRACTICE.** The trainees have already been practising during this entire activity, so they should be able to identify the **HOW** and **WHY**.
2. **PRACTICE** allows participants to experience skills directly before having to apply them either at home, as is the case for mothers, fathers and caregivers, or during sessions, as is the case for trainees.
3. HOW:
   1. Share this slide showing a WhatsApp chat session between the facilitator and a parent
   2. You can read the facilitator’s message while your co-trainer reads the parent’s message.
   3. Ask the facilitators to highlight the ways in which the facilitator used **PRACTICE**.
   4. Ask the facilitators if there are other ways they could practice.
4. **WHY:** Ask the participants to describe **WHY** they would want to **PRACTISE** skills before applying them at home or during a session.
   1. Possible questions to help with the discussion include:
      1. Why is it important to **PRACTICE** skills before applying them in the real world?
      2. How would **PRACTICING** skills help mothers, fathers and caregivers, or you for that matter?
   2. Possible suggestions from the trainees include:
      1. Builds confidence in applying new skills;
      2. Allows mothers, fathers and caregivers to rehearse new skills with the support and guidance of facilitators;
      3. Allows facilitators a chance to verify whether mothers, fathers and caregivers understand new skills before having to apply them at home;
      4. Refuerza la aceptación de una habilidad de crianza específica.

### 

### Cierre (15 min)

#### Discutir la Actividad para Casa (5 min)

Instrucciones

Repasa lo que has visto en el taller hasta ahora:

* Background, overview, and structure of Crianza con Conciencia+ Programme.
* Setting up Formando Conciencia+ App .
* Live Demo of the onboarding session (the rest of the demo will continue tomorrow) .
* Preparing for the Chat Session.
* Accept, Explore, Connect, and Practise as facilitation skills.

Asígnale a las personas facilitadoras las siguientes actividades para hacer en casa:

* Repasa las habilidades de facilitación que aprendiste hoy, especialmente el método AECP.
* Ask participants to read the other 3 Chat Sessions in their Formando Conciencia+ App.
* Ask the participants to go through all the lessons in the first course Crianza con Conciencia+ - “Improve My Relationship with My Girl, Boy, or Teen”. At the end of each lesson, ask them to type FACNUEVO to start a new lesson.
* If the participants face any issues, they can restart their chatbot by typing FACREANUDAR.
* Remind the participants that these triggers are only for them during the training and are NOT to be shared with the mothers, fathers and caregivers during the onboarding session.
* Share the agenda of Day 2 of the workshop.

Ask the facilitators if they have any questions about the workshop.

#### Comparte Una Cosa que Aprendiste Hoy (5 min)

Ask each participant to share ONE thing they learned during the session in under one minute.

#### Círculo de Agradecimiento (3 min)

###### Instrucciones

* Model the Circle of Appreciation for participants before they do it in pairs.
* Participants find a partner sitting next to them.
* Each person complements their partner. Los halagos pueden referirse a cualquier cosa, siempre y cuando sean sinceros.
* Each person praises themselves.
* Ask the participants to reflect on what it was like to be praised and what it was like to be praised.

#### Haz una Pausa (2 min)

###### Instrucciones

Take a Pause with the participants. You can make it brief (about a minute):

* Close eyes
* Focus on thoughts, feelings, and body sensations (15 seconds)
* Focus on breath (30 seconds)
* Expand focus to the entire body and sounds (15 seconds)
* Open eyes

End the session by congratulating the participants for their hard work and attention during the session. You should also thank them for the commitment they have made to helping mothers, fathers and caregivers build a House of Love and Support for their families.

## 

## Día 2: Taller de Formación de Facilitadores

### Resumen General de la Sesión

#### Objetivos de la Sesión

* Cada participante podrá dirigir las sesiones de chat de WhatsApp con las madres, los padres y las personas cuidadoras.
* Cada participante podrá bridarle apoyo a las madres, los padres y las personas cuidadoras con las dificultades a las que se enfrenten al hacer los ejercicios en casa.
* Cada participante podrá responder ante los posibles desafíos o retos que puedan surgir durante el desarrollo del programa.
* Cada participante sabrá cómo responder a los problemas relacionados con la protección de niñas, niños y adolescentes, además de otras situaciones de remisión.

#### Materiales Requeridos

* Tripié o pizarrón, rotafolios o cartulinas, plumones
* Proyector y pantalla
* Laptop o computadora de escritorio
* Celular con WhatsApp y la app de Formando Conciencia+
* Registro de asistencia
* Hojas en blanco y plumas (1 por participante)
* Gafetes o etiquetas con los nombres
* Cinta adhesiva para pegar papeles en la pared
* Refrigerio (en caso de requerirse)
* Reconocimientos para las personas facilitadoras

| Programa para la Sesión del Día 2 | | | | | |
| --- | --- | --- | --- | --- | --- |
| Módulo | | Actividades | | Tiempo | |
| Actividades para el Empezar el Día 2 | | * Te damos la bienvenida * Concientización Emocional * Reflexión y Comentarios sobre el Día 1 | | 25 min | |
|
| Módulo 5: Práctica de la Sesión de Chat de WhatsApp | | * Estructura de la Sesión de Chat * Compartir conceptos clave * Práctica en grupos pequeños * Práctica: Transferir a los moderadores de grupo | | 1 hora 45 min | |
| Descanso (15 min) | | | | | |
| Módulo 6: Salvaguarda y Protección | | * ¿Qué significa salvaguardar? * Comprender el abuso, la negligencia y la explotación * Salvaguardar en el chatbot de Crianza con Conciencia + * Salvaguardar en las sesiones presenciales y en línea * El Rol del Facilitador en la salvaguarda y protección | | 10 min | |
| Módulo 7: Posibles Desafíos durante el Programa y Cómo Manejarlos | | * Lista de Posibles Desafíos o Retos * Explorar y Practicar Soluciones * Discutir sobre la Solución de Problemas en Grupo * Remisiones * Asesorías para las Personas Facilitadoras | | 1 hora | |
| Cierre | | * Preguntas * Ejercicio de Amabilidad y Cariño * Círculo de Agradecimiento * Siguientes Pasos | | 25 min | |
|
|

### Actividades para el Empezar el Día 2 (25 min)

#### Bienvenida (5 min)

###### Instructions ([Slide](https://docs.google.com/presentation/d/1EXuJBIEbd-WohBCFeso0FmL0TNwOnl8fi36HQT_hrsE/edit#slide=id.p67))

Comienza el Día 2 del Taller de Formación de Facilitadores con las siguientes actividades:

1. Dale la bienvenida a cada participante mientras van llegando – ¡intenta aprenderte sus nombres!
2. Da la bienvenida a todo el grupo para comenzar la sesión:
   * Reconoce a los participantes por hacer el esfuerzo de asistir a la sesión aun cuando sus días son ajetreados;
   * Intenta comenzar puntualmente con el fin de modelarles esto para sus propios grupos.
3. Begin the session by taking the pause - play the Take a Pause video.

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#### Emotional Check-in (5 min)

An emotional check-in is a valuable way to start the session, ensuring everyone feels acknowledged and connected.

###### Instructions (Slide)

Follow these steps to conduct an effective emotional check-in at the beginning of the workshop:

* Empieza explicando el objetivo de la concientización emocional. Emphasise that this is a safe space for everyone to express their feelings and that the check-in is optional, with no pressure to share more than they are comfortable with.
* Explica el formato del ejercicio de concientización emocional. Each participant can share a brief statement about how they're feeling emotionally at that moment. Encourage them to use just a few words or sentences to describe their emotional state.
* As the facilitator, start by sharing your own emotional state. Esto ayuda a modelar la vulnerabilidad y a establecer el tono de la actividad. Procura que lo que compartas sea conciso y auténtico.
* Comienza la concientización emocional invitando a la persona de tu izquierda (o de cualquier orden sistemático) a compartir su estado emocional. Recuérdale a los participantes que pueden elegir "pasar" si no quieren compartir cómo se sienten con el grupo en este momento.
* Sigue avanzando por el círculo hasta que todas y todos los participantes que deseen compartir lo hayan hecho. Si alguien pasa, simplemente continúa con la siguiente persona.
* Una vez que todas las personas facilitadoras que deseen compartir lo hayan hecho, agradéceles por su franqueza.

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#### Reflection and Discussion of Day One (15 min)

###### Resumen

At the beginning of day two of your training workshop, engaging participants with thoughtful reflection and discussion questions can help consolidate learning from Day One, encourage active participation, and resolve any concerns or questions.

###### Instrucciones (Diapositiva)

Begin by inviting participants to reflect on their experiences from the previous day. Ask about their key takeaways and any concepts or skills that particularly resonated with them. You can use the following questions as a guide:

* What were your main takeaways from yesterday’s session?
* Do you have any questions about the demonstration of the in-person onboarding session?
* Was the setup and walkthrough for the Formando Conciencia+ App clear? Are there any challenges you faced?
* How comfortable do you feel navigating the app after yesterday’s session?
* Are there any specific aspects you would like input or advice on regarding leading these activities?
* How do you see the skills and techniques we've covered fitting into your role as a facilitator?
* Are there any concerns or challenges you anticipate as you continue integrating these strategies into your interactions with mothers, fathers and caregivers?
* Would you like to reflect on or discuss anything from yesterday’s session or the overall training? This is an open space for any thoughts or insights you want to share.

| Nota  These questions are meant as a guide; you don't have to reflect on every point. Share what feels relevant and valuable to you. |
| --- |

Tips to discuss concerns and issues raised during the reflection:

* Begin by actively listening to the concerns or issues raised by participants. Give them your full attention and show empathy for their perspectives.
* Ask follow-up questions to ensure you fully understand the nature of the concern. Seek clarification on any unclear points.
* Engage participants in brainstorming solutions. Encourage them to share their ideas on how the concern could be addressed. For example, what should be done if a parent does not follow a ground rule?
* Go over some of the instructions from Day One if that might help clarify the concern. E.g., how to navigate the Formando Conciencia+ App?

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### Module 5: Practise WhatsApp Chat Sessions (1 hour 45 min)

###### Resumen

The Crianza con Conciencia+ programme includes a WhatsApp support group for caregivers. Facilitators will lead weekly chat sessions in this WhatsApp Group. Formando Conciencia+ App contains pre-scripted messages that the facilitators can share to guide the chat sessions. The goal of this group is to provide caregivers with extra support during their Crianza con Conciencia+ journey.

In this module, the facilitators will gain hands-on practice in managing and facilitating WhatsApp chat sessions effectively. This will help them build confidence and competence in leading the chat sessions.

#### Structure of the Chat Session (5 min)

###### Instructions (Slide):

* During the onboarding session, facilitators should have created a WhatsApp Group with the caregivers and identified the ground rules for the WhatsApp Group.
* Share the structure of their chat session from the slide:
  + At the beginning of the programme: Welcome, introductions, and reminder of home practice.
  + Week 1: Thoughts, feelings, and actions
  + Week 2: Kind self-talk
  + Week 3: Character strengths
  + Week 4: Building pleasant emotions
* Share with the facilitators that:
  + Facilitators and their groups will decide a time to chat during the onboarding session.
  + Before each chat session, facilitators will send a reminder message a few hours before the chat session. They can set alarms on your phone to remind them when to send messages.
  + Facilitators should send the remaining messages during the scheduled chat time.
* Goal of the chat sessions:
  + Support Caregivers: Give caregivers a safe space to learn more about positive parenting practices and how to improve their own well-being.
  + Troubleshooting: Provide support for identifying successes and solutions to their practices.
  + Build Community: Help caregivers feel part of a community where they can share experiences, support each other, and learn together.
  + Keep Engagement High: To keep caregivers interested and motivated, offer live, interactive sessions in addition to the self-paced WhatsApp Course content.
* Identify the materials Facilitator might need:
  + Chat Sessions from the Formando Conciencia+ App.
  + Common Challenges from the Formando Conciencia+ App.

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#### Share key concepts (10 min)

###### Instrucciones (Diapositiva)

* Share the key concepts of how thoughts, feelings, and actions are connected.
  + Connection between thoughts, feelings, and actions.
  + Identify how emotions, feelings, and actions impact their and their girls’, boys’, and teen’s well-being.
* Share the key concepts of self-talk
  + How the way they talk to themselves can change how they feel.
  + Identifying unkind self-talk and replacing it with kind self-talk.
* Share the key concepts of building character strengths
  + Understand how to identify strengths in themselves. T
  + Learn about the connection between strengths and well-being and practice identifying how to incorporate strengths into their daily lives.
* Share the key concepts of building pleasant emotions
  + Celebrate with them the positive changes in their lives and for their girls, boys, and teens.
  + Help parents understand how they can use pleasant emotions to improve the well-being of themselves and their child or teen.

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#### Small group practice (1 hour)

###### Instructions (Slide)

* Break the participants into small groups of 4-5 facilitators.
* In their small groups, ask the participants to practise the first chat session.
* Each group should choose a facilitator to lead the chat session. Other facilitators should pretend they are caregivers who are experiencing the programme. “Caregivers” can share positive and negative experiences.
* Remind participants to use Accept, Explore, and Connect.
  + Accept responses by…
    - Using emojis and thumbs up to acknowledge mothers, fathers and caregivers.
    - Paraphrase responses to double-check that they understand mothers, fathers and caregivers correctly.
  + **Explore** challenges with simple questions to understand the situation before…
  + **Connecting** mothers, fathers and caregivers to positive parenting practises.
* Ask the participants to begin with Message 2, as they have already practised the home activity check-in for the previous session.
* After practice of each chat session (10 min), stop to lead the discussion (5 min):
  + How did you feel when leading as a facilitator and experiencing as a parent?
  + What aspects of these topics are you concerned about delivering as a facilitator yourself?
* Rotate through so each facilitator can practise leading a WhatsApp group session.
* Repeat with all 4 chat sessions.

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#### Practice: Handing over to group moderators (30 min)

* Share with the participants:
  + At the end of the Week 3 chat session, facilitators will ask volunteers to take over moderating duties for the WhatsApp groups.
  + Once the volunteers are selected, facilitators will schedule a call with the mothers, fathers and caregivers to guide them.
  + Ask the participants to read “How to hand over to Group Admin” in the Facilitator Guide section of the Formando Conciencia+ App.

##### Demonstrate (10 min)

* Demonstrate a call with the mothers, fathers and caregivers where they are handing over the WhatsApp Group.
  + Thank the parent for volunteering to lead the WhatsApp group
  + While engaging with other mothers, fathers and caregivers in the group, keep the following in mind:
    - Greet mothers, fathers and caregivers when engaging with them.
    - Respect what participants share and be aware of different ages, genders, values and circumstances.
    - Encourage mothers, fathers and caregivers to share and respond to each other - and praise them for it.
    - Remind mothers, fathers and caregivers of ground rules when needed.
    - Model the behaviour you want to see among the mothers, fathers and caregivers.
  + If the parent needs any prompts for discussion, share the following:
    - Let us celebrate our successes! What was something positive you experienced when you tried one of the parenting skills with your girl, boy, or teen?
    - Trying out new skills can be hard at first. What was something difficult that you experienced when you tried a parenting skill with your girl, boy, or teen at home?
  + Remind the parent that they are not obligated to respond to messages at all times. Participants may send messages at any time during the week. To keep your workload manageable, you can respond to messages once or twice daily, depending on your schedule.
  + Ask them if they have any questions.
  + Remind the parent that, unfortunately, you will no longer be able to participate in the WhatsApp group.

##### Practice (10 min)

* Divide the participants into pairs.
* Ask one person to be the facilitator and another person to be the volunteer caregiver.
* Ask them to role play the call where the facilitator guides the mothers, fathers and caregivers.
* Ask them to reverse the roles.

##### Discussion (10 min)

* At the end of role plays, ask the whole group:
  + How did you feel when experiencing the handover as a parent?
  + What aspects of these topics are you concerned about delivering as a facilitator yourself?

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### Descanso (15 min)

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### Module 6: Safeguarding (10 min)

###### Resumen

In this section, you will walk the facilitators through ensuring a safe and supportive environment for all the mothers, fathers and caregivers in Crianza con Conciencia+.

Cubrirás:

* ¿Qué significa salvaguardar?
* Comprender el abuso, la negligencia y la explotación
* Informar sobre Acusaciones de Explotación y Denuncias de Abuso Sexual contra empleados de PLH
* Salvaguardar en el chatbot de Crianza con Conciencia +
* Salvaguardar en las sesiones presenciales y en línea
* El Rol del Facilitador en la salvaguarda y protección

###### Instrucción ([Diapositiva](https://docs.google.com/presentation/d/1EXuJBIEbd-WohBCFeso0FmL0TNwOnl8fi36HQT_hrsE/edit#slide=id.g2b6ebb0ae01_0_178))

Sigue las diapositivas para cubrir la siguiente información:

Salvaguardar significa proteger la salud, el bienestar y los derechos humanos de las personas y permitirles vivir libres de daños, abusos y negligencias. Independientemente de su edad, identidad de género, discapacidad, orientación sexual, religión u origen étnico, todas las personas que participan en nuestro programa tienen derecho a ser protegidas contra cualquier forma de daño, abuso, negligencia y explotación por parte de cualquier persona asociada al programa.

Comprender el abuso, la negligencia y la explotación:

* Abuse refers to a deliberate act of maltreatment that can damage a girl, boy and teen’s security, well-being, dignity and development. El abuso incluye todas las formas de maltrato físico, sexual, psicológico y emocional. (Save the Children definition, 2012).
* Violence against girl, boy and teenren is defined as forms of physical or mental violence, damage and abuse, neglect or neglectful treatment or maltreatment or exploitation, including sexual abuse. (Office of the High Commissioner for Human Rights, 1990, Article 19).
* Girl, boy and teen exploitation refers to using the girl, boy and teen for economic or sexual benefit, for gratification or profit, often resulting in unjust, cruel and harmful treatment of the girl, boy and teen. (Save the Children definition, 2012)

Safeguarding Support in the Crianza con Conciencia+ WhatsApp Course:

Crianza con Conciencia+ WhatsApp Course is automated to recognise high-risk keywords and detect disclosure of dangerous and violent situations. After detection, an empathetic and empowering response is offered along with the contact details of where to access professional or urgent help (e.g., police, ambulance, hotline). It also includes information on local support resources and hotlines to further support user self-referral. Mothers, fathers and caregivers can also access safeguarding support by typing HELP in the Crianza con Conciencia+ WhatsApp Course.

Asistencia para Salvaguardar en las sesiones presenciales y en línea:

También es importante que las personas facilitadoras y tú conozcan las siguientes pautas para tratar las revelaciones de abuso, negligencia y violencia por parte de los participantes durante las sesiones presenciales y en línea:

Know your organisation’s girl, boy and teen safeguarding policies and referral procedures.

* All organisations should have or develop girl, boy and teen rights safeguarding policies and referral procedures, including details on how to respond appropriately when a parent or girl, boy and teen discloses abuse.
* Tanto tú como las personas facilitadoras deben de tener un conocimiento preciso sobre todos los protocolos y planes de intervención. These will tell them what to do within your organisation if a parent or girl, boy and teen reports abuse (e.g. who to report to, internal resources for supporting the girl, boy and teen), as well as how to engage outside resources (e.g. local referral pathways, when to engage with authorities).
* Es responsabilidad del facilitador actuar, independientemente de si está respondiendo a revelaciones de abusos pasados y/o presentes. However, they are not responsible for resolving the situation on their own. They must discuss the situation with their supervisor to agree on what steps to take next.

Ensure mothers, fathers and caregivers know that you are someone who can help.

* Mothers, fathers and caregivers participating in the sessions need to know that they can come to the facilitators for help, regardless of when the abuse occurred.
* Facilitators should make sure that the mothers, fathers and caregivers know that they can trust them and that they will listen and support the mothers, fathers and caregivers without judgement or any further harm.

¿Qué debe hacer el facilitador durante la revelación de un abuso, negligencia o explotación?

* Provide a safe environment in which the participant can find support.
* Listen carefully to the participant and take notes. to avoid re-victimizing the person, ask questions just to clarify or gather information when necessary.
* Determinar si el participante está en peligro inmediato y qué ayuda está disponible.
* Asegurar que el participante siente que el facilitador le cree.
* Hacerle saber que ha hecho lo correcto compartiendo su historia con el facilitador.
* Be supportive and judgement-free in their responses – avoid blaming at all times!
* Hacerle saber al participante que compartirás lo que te ha contado con tu supervisor para encontrar una forma de apoyarle y protegerle.
* Explicar lo que el facilitador va a hacer a continuación.
* Notificar a su supervisor.

### Module 7: Dealing with Potential Challenges during Programme Delivery (1 hour)

###### Resumen

This module provides participants with a detailed overview of the different aspects of delivering the programme.

It can be helpful to facilitate this activity collaboratively, asking participants to identify the different important parts of the programme. This will give you an idea of how much they have learned about how the programme is delivered.

It is also very helpful to have a programme coordinator or supervisor present during this part of the session, if possible, for two reasons:

* First, there may be specific logistical issues that you are not familiar with and require the input of a manager.
* Second, it is very important that the people who are managing the facilitators are also aware of the logistical issues of delivering the programme so that they have reasonable expectations for their employees.

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#### Listing Potential Challenges (10 min)

###### Instrucciones

* Ask the participants to share any potential concerns or challenges they might have about delivering Crianza con Conciencia+ to families.
* Participants should focus on challenges delivering both the in-person and WhatsApp parts of the programme.
* Make a list of all these challenges of the flipchart.
* You can refer to the list of questions and concerns that came up during the training and were saved for later in the “Notice Board” on a flipchart paper.

The following are typical challenges (also mentioned in the Formando Conciencia+ App’s FAQ) that often occur during programme delivery. They are real-life issues that facilitators have raised during their coaching sessions:

* Technological issues:
  + A mother, father or caregiver needs support accessing the WhatsApp course, and I'm not sure how to answer their question;
  + A mother, father or caregiver struggles to participate in WhatsApp groups.
* Facilitation issues:
  + Explaining the programme to mothers, fathers and caregivers;
  + Gaining and improving facilitator skills;
  + Group members are from different educational and socio-economic backgrounds;
  + When a mother, father or caregiver triggers you emotionally (in person or on WhatsApp);
  + When you feel anxious or nervous about delivering the programme.
* Group Management issues (in-person and in WhatsApp):
  + A mother, father or caregiver cannot commit to the ground rules;
  + Mothers, fathers and caregivers who do not want to share;
  + Mothers, fathers and caregivers who bring girls, boys and teens to sessions;
  + Being challenged for not being a mother or father;
  + Mothers, fathers and caregivers who talk too much boss other Mothers, fathers and caregivers around;
  + Mothers, fathers and caregivers who do not participate in activities;
  + A mother, father or caregiver starts crying when sharing something personal;
  + When a mother, father or caregiver comes to the session intoxicated;
  + A parent is personally messaging me or calling me with lots of questions on their parenting habits or girl, boy and teen’s misbehaviours.
* Safety and protection issues:
  + A mother, father or caregiver discloses issues about girl, boy and teen safety and health;
  + A mother, father or caregiver discloses abuse, neglect or exploitation.
  + A mother, father or caregiver wants to know how to report abuse, neglect or violence;
  + A mother, father or caregiver wants to know free and confidential services to discuss their crisis;
  + Conflict between mothers, fathers and caregivers during a session;
  + A mother, father or caregiver reports that she or he is getting beaten by an intimate partner.

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#### Exploring and Practising Solutions (25 min)

###### Resumen

You have about 30 minutes to discuss and practise solutions. This usually allows for two or three rounds of challenges. The last 5 minutes are for discussion on problem-solving as a group.

###### Instrucciones

* Divide participants into groups of 4 to 5 people each.
* Give each group a challenge to explore further, discuss possible solutions, and choose one solution to present to the larger group.
* Each group shares their challenge and solution with the larger group.
* Ask if there are any questions or concerns about the consequences of the solution. You may have to help the participants identify a more effective solution.
* Invite at least 2 participants from the group to practise the solution.
* Some challenges may involve more people, such as when two facilitators have to work together to intervene in a conflict between two mothers, fathers and caregivers.
* Debrief with participants, asking ‘mothers, fathers and caregivers’ and ‘facilitators’ to reflect on their experience.
* Praise participants for practising.
* Give each group another challenge.

#### Discussion On Problem Solving As A Group (10 min)

* How did it feel to work together as a group to solve challenges that might arise?
* What other concerns do you have at this point about delivering the programme?
* What do you need to help you feel confident and supported while delivering the programme?

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#### Referrals (10 min)

The referral process will vary by sector and organisation, so you need to familiarise yourself with the specific processes where you are training. Remind participants that Crianza con Conciencia+ only focuses on positive parenting and parent-child relationships. It will not solve all of the mothers, fathers and caregivers’ problems and issues. Sometimes, families need help beyond what the programme can provide.

* Write “Referrals” at the top of a flipchart and draw a line vertically down the middle.
* Discuss possible topics that might require referrals, either legally or ethically, including girl, boy and teen protection issues. Ask participants if they can think of situations which families may require additional help or support.
* Write down these ideas on the left side of the flipchart.
* Ask participants what services they might need to refer their participants to, considering the situations they have provided. Ask the participants to refer to the Safeguarding section of the Formando Conciencia+ App. For example, if a caregiver discloses to the facilitator that they are being beaten by their partner, what service do you think they want, and where would you refer them?
* Possible services may include:
  + Clinics;
  + Police;
  + Girl, boy and teen protection services;
  + Sexual and gender-based violence support services;
  + Mental and physical health services;
  + Government financial support
* Remind facilitators that they should know what services are available and how to contact those services (phone number, etc).
* Discuss possible situations which facilitators may legally need to report potential girl, boy and teen protection issues. Discuss the organisational protocols for dealing with girl, boy and teen protection issues and other emergency situations.
* Ask the participants if they have any further questions regarding how to do referrals.

#### Coaching Support for Facilitators (5 min)

###### Resumen

In addition to the in-person training, each facilitator will receive remote coaching support. If a facilitator is faced with any challenge that they are unable to resolve, they can bring this challenge to the coach and the group during their coaching session.

###### Instrucciones

Share with the facilitators:

* Who is a coach?
  + Each group of facilitators will have a coach who will support the facilitator in:
    - Preparar la Sesión de Chat de WhatsApp
    - Comentar sobre los retos a los que se enfrenta
    - Guiar al grupo para encontrar soluciones como equipo
    - Poner en práctica las soluciones en grupo
* How will coaching be provided?
  + Coaches will meet with the facilitators using a video-conferencing platform. The coaching session will use a collaborative social learning approach to facilitator group-based learning.
  + Each coach will conduct 1 hour long coaching session with the group of 9 facilitators.
  + The coach will get in touch with the facilitators through a WhatsApp group comprised of the coach and other facilitators from the state.
  + The coach will share important information with you through this group.
  + Here is the schedule of the coaching session:

|  | Sesión Presencial | WhatsApp  Sesiones de Chat | Sesión de Asesoría |
| --- | --- | --- | --- |
| Antes del Programa | Entrenamiento de Personas Facilitadoras |  | Entrenamiento de Personas Asesoras |
| Inicio del Programa | Sesión 1 Presencial (integración) Cómo Usar Crianza con Conciencia + | Después del día de Integración | Sesión de Asesoría 1 |
| Semana 1 |  | Sesión de Chat 1 | Sesión de Asesoría 2 |
| Semana 3 |  | Sesión de Chat 2 | Sesión de Asesoría 3 |
| Semana 3 |  | Sesión de Chat 3 | Sesión de Asesoría 4 |
| Semana 4 |  | Sesión de Chat 4 |  |

* How should facilitators prepare for the coaching session?
  + Review your WhatsApp chat session with the parents.
  + Select a challenge or issue from your chat session that they want to receive support from during coaching. Un reto es una cuestión o dificultad específica a la que se enfrentó la persona facilitadora durante su sesión de chat.
  + Think about what coaching skills you want to improve. For example, you could build a stronger sense of community amongst the caregivers or improve their facilitation skills.

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### Cierre (25 min)

#### Preguntas (10 min)

Ask the participants if they have any questions about:

* WhatsApp Chat Sessions
* Utilizar A-E-C-P en la sesión de chat
* Salvaguardar y Proteger
* Addressing potential challenges
* Any other questions about the programme

#### Ejercicio de Amabilidad y Cariño (5 min)

Resumen

At the end of the session, participants learn one last stress reduction activity—a Loving Kindness exercise. This activity helps participants connect with a sense of loving kindness towards themselves and their families. It brings closure to the culminating activity while reconnecting participants to a sense of well-being and calmness.

###### 

| Nota  Use the text below as a guide for leading the activity. At each [Pause] in the text, you can pause for about 5 seconds. Seguir tus propias instrucciones durante la pausa es útil. |
| --- |

###### 

###### Instrucciones [(Diapositiva)](https://docs.google.com/presentation/d/1EXuJBIEbd-WohBCFeso0FmL0TNwOnl8fi36HQT_hrsE/edit#slide=id.p124)

Paso 1: Preparación

* Sometimes, when we are experiencing stress, feeling alone, or just needing support, it can be helpful to send thoughts of loving kindness to ourselves.
* Este ejercicio nos ayuda a estar más presentes y conectados con el aquí y el ahora, lo que aumenta el bienestar y el equilibrio, y nos ayuda a manejar el estrés, la enfermedad y las dificultades. [Pause]
* Siéntate y encuentra una posición cómoda, con los pies apoyados en el piso y las manos sobre tu regazo. [Pause]
* Si sientes la suficiente comodidad, cierra los ojos. [Pause]

Paso 2: Concientizarse

* Pregúntate: "¿Cuál es mi experiencia en este momento?" [Pause]
* Identifica qué pensamientos estás experimentando. Notice if they are pleasant or unpleasant. [Pause]
* Identifica cómo te sientes emocionalmente. Fíjate si tus sentimientos son agradables o desagradables. [Pause]
* Nota cómo se siente tu cuerpo. Identifica cualquier molestia o tensión. [Pause]

Paso 3: Abrirse a la Amabilidad y el Cariño

* Conecta con tu corazón de forma amable y con delicadeza. Tal vez quieras poner una mano sobre tu corazón o en tu pecho. [Pause]
* A continuación, puedes decirte en silencio las siguientes palabras [Pausa]

Que esté en paz. [Pause]

Que esté a salvo. [Pause]

Que tenga salud. [Pause]

Que sea feliz. [Pause]

Que sienta amor. [Pause]

Repítelo lentamente una o dos veces, tomándote tu tiempo entre cada frase.

* If you feel comfortable, you can also send thoughts of loving kindness to your girl, boy, teen, your partner, your family, and anyone else who is close to you in your life. [Pause]

Que estés en paz. [Pause]

Que estés a salvo. [Pause]

Que tengas salud. [Pause]

Que seas feliz. [Pause]

Que sientas amor. [Pause]

Repítelo lentamente una o dos veces, tomándote tu tiempo entre cada frase.

Paso 4: Expandir la Conciencia

* Permite que tu atención se extienda a todo el cuerpo. [Pause]
* Permite que tu atención se extienda a los sonidos del cuarto en el que estás. [Pause]

Paso 5: Reflexionar

* Tómate un momento para reflexionar sobre tu experiencia.
* Cuando sientas que ya has terminado, abre los ojos. [Pause]

*Recuerda que puedes hacer esta actividad en cualquier momento, siempre que sientas que necesitas un apoyo adicional.*

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#### Círculo de Agradecimiento (5 min)

**Instrucciones**

Este es el último Círculo de Agradecimiento.

* Model the Circle of Appreciation for participants before they do it in pairs.
* Participants find a partner sitting next to them.
* Each person complements their partner. Los halagos pueden referirse a cualquier cosa, siempre y cuando sean sinceros.
* Each person praises themselves.
* Ask the participants to reflect on what it was like to be praised and what it was like to praise.

#### Próximos pasos (5 min)

Reconoce a los participantes por asistir al taller y comparte con ellos los próximos pasos:

* You will receive a certificate for completing the training;
* You will receive an email with link to the Formando Conciencia+ App and the WhatsApp Course;
* You will conduct the onboarding session and report attendance on the onboarding session;

¡Agradecerle a todas las personas facilitadoras por haber participado en el taller! ¡Reconoce y halaga sus esfuerzos y contribuciones!

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#### Assignment of Home Activities for Coaches

This is the end of the facilitator training workshop. Coaches will receive additional training for the next two days.

Instrucciones

Assign the following home activities to the coaches:

* Read the coach manual
* Complete another course in Crianza con Conciencia+ WhatsApp Course

## Día 3 y 4: Programa del Taller para Personas Asesoras

#### Objetivos del Taller para Asesoramiento

* Cada participante podrá articular cómo funciona el programa de Crianza con Conciencia+.
* Cada participante tendrá conocimiento exhaustivo sobre el rol y los beneficios de las personas asesoras en el programa.
* Cada participante podrá utilizar la estrategia de ACEPTAR, EXPLORAR, CONECTAR y PRACTICAR efectivamente en su sesión de asesoría.
* Cada participante podrá impartir la sesión de asesoría con eficacia.

#### 

| Día 3: Programa del Taller para Personas Asesoras | | | | | |
| --- | --- | --- | --- | --- | --- |
| Módulo | | Actividades | | Tiempo | |
| Módulo 1: Bienvenida | | * Bienvenida y Pausa * Concientización Emocional * Resumen general del taller para personas asesoras y su logística * Reflexión y Discusión sobre el Taller para Personas Facilitadoras | | 45 min | |
|
| Module 2: Group rules, goals, roles, and coaching plan | | * Trainees’ goals and expectations * Mapping Activity   + How does the Crianza con Conciencia+ programme work?   + The overall goal of the programme * Core skills for effective facilitation and coaching * Benefits for coaching * Steps for conducting coaching session | | 1 hour | |
| Break (20 min) | | | | | |
| Module 3: A-E-C-P during coaching | | * Refresher of A-E-C-P for coaching session | | 30 min | |
| Module 3: Modelling Coaching Session | | * Model the coaching session * Feedback with observations from the group | | 1 hour 10 min | |
|
| Cierre | | * Reflection of the session * Questions from the session * Share one thing you learned * Círculo de Agradecimiento * Haz una Pausa | | 15 min | |
|
|

#### Day 4: Coaching session

| Day 4: Coach Workshop Session Agenda | | | | | |
| --- | --- | --- | --- | --- | --- |
| Módulo | | Actividades | | Tiempo | |
| Actividades al Comienzo del Día | | * Welcome and Pause * Emotional Check-in * Reflection on previous day’s coach training | | 30 min | |
|
| Module 4: Practice Coaching Session | | * Practise coaching sessions in small groups. * Feedback from observations from the group | | 1 hour 15 min | |
| Break (20 min) | | | | | |
| Module 5: Troubleshooting | | * Identify potential challenges * Discuss possible solutions * Practise solutions in a group | | 1 hour | |
|
| Module 6: Delivering coaching remotely | | * Discuss how to adapt to remote delivery platform * Troubleshooting potential challenges using remote delivery platform (e.g., Zoom)   + Logistical issues: Poor internet connectivity   + Participation   + Poor/no engagement   + People talking at the same time   + Managing kids   + Distraction | | 40 min | |
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| Closing Reflection | | * Reflection on the training workshop * Loving-kindness exercise * Círculo de Agradecimiento * Siguientes Pasos | | 15 min | |

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## 

## Apéndice

### Lista de Palabras Clave para el chatbot de Crianza con Conciencia +

#### Para la Formación de Facilitadores

| FACENTRENAR | Inicia el programa |
| --- | --- |
| FACNUEVO | Día Nuevo |
| FACREANUDAR | Reiniciar |
| SIGUIENTE | Continuar |
| MENÚ | Menú |

#### Para los Usuarios

| FORMANDO | Da inicio al programa en todos los estados, excepto Chihuahua |
| --- | --- |
| AFECTIVA | Da inicio al programa para Chihuahua |
| ID | Compartir la identificación de investigación |
| SIGUIENTE | Continuar |
| MENÚ | Menú |
| AYUDA | Ayuda |

**Nota:** las personas facilitadoras no deben usar las palabras clave destinadas para los usuarios y viceversa. Podría resultar en complicaciones en los datos de participación.