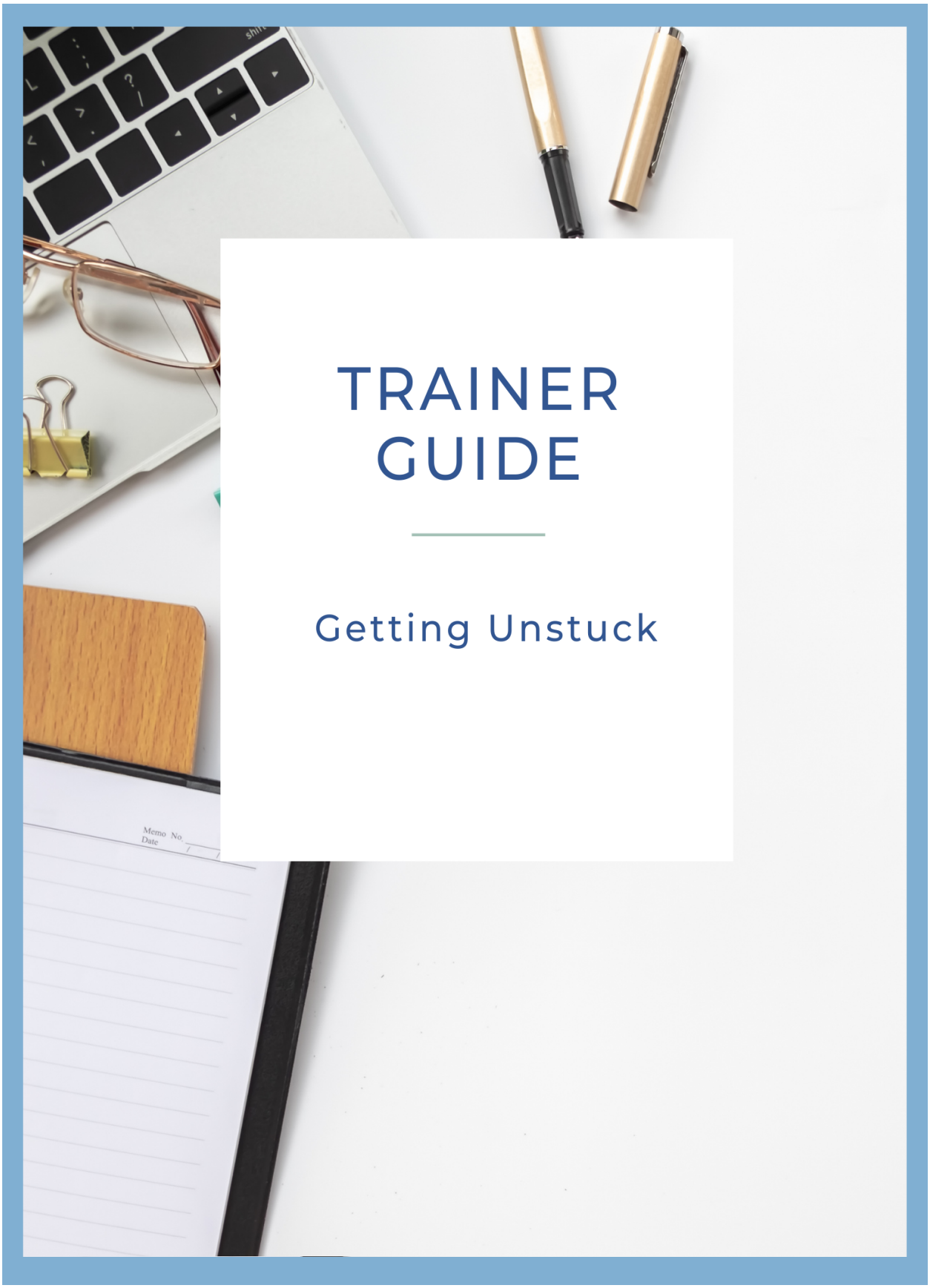


TRAINER GUIDE

Getting Unstuck

DEAR TRAINER,

In this guide, you will find step-by-step instructions on how to conduct the training.

Each page contains images of the slides you will use from the slide deck, questions to ask, videos to play, and activities to direct. The training documents (slides, trainer guide, & workbook) can be used for in-person or online sessions.

You can write notes or reminders in the margin on the sides as needed.

Use this trainer guide to facilitate the training, lead great discussions, and help learners apply the concepts.

Enjoy your training sessions!

TRAINER GUIDE

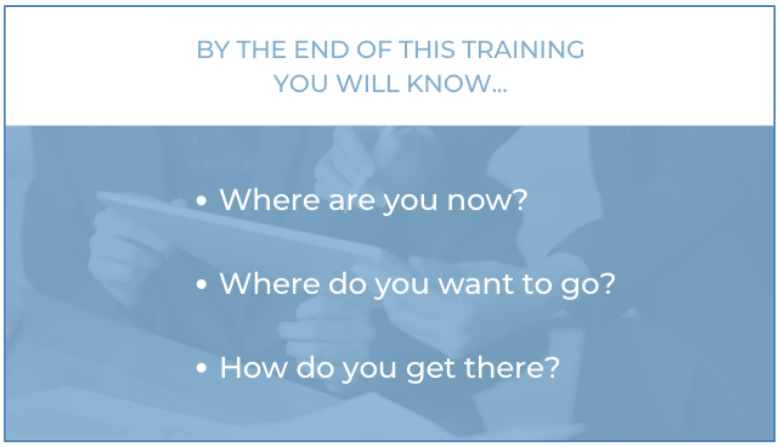
Slide 1 – Welcome

Showing in background as you welcome participants. When you are ready to start training, move to the next slide

Slide 2 – Introduction 2-3 minutes

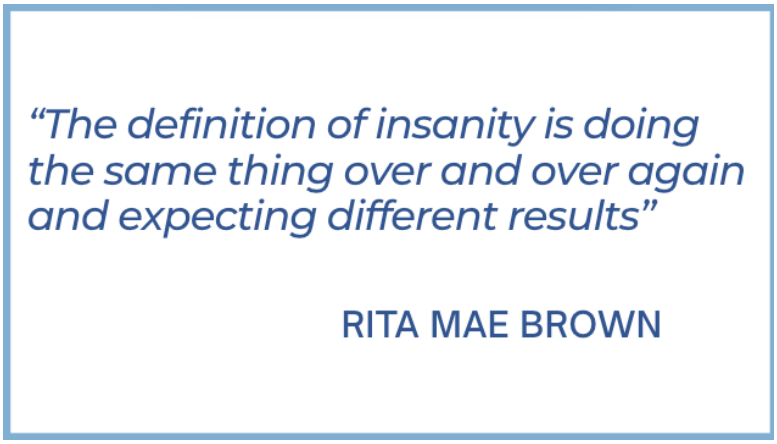
Introduce yourself. Tell participants to introduce themselves to each other.

Slide 3 – Learning Objectives 1 minute



Read the text off the slide. Pause for a second or two between each bullet point to let the question sink in with the participants. Advise them to refer to their Participant Guides throughout the training.

Slide 4 – Quote 1 minute

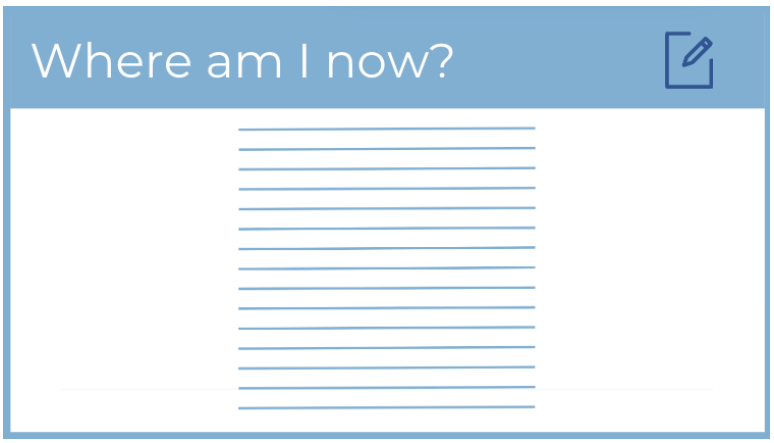


Read the quote aloud and ask the participants if they know who said it. Most answers will be Albert Einstein. Click to reveal the real source - Rita Mae Brown, Sudden Death Ask participants to connect the quote with this training. (ex. Changing things to become "unstuck")

Slide 5 – Raise your hand 1 minute

Ask participants to raise their hands if the prompts apply to them. Read prompts from the screen. Provide 10 seconds between each prompt for participants to think about the prompt.

Slide 6 – Where am I now? 3-4 minutes



Advise participants to go to page 3 in their Learner Guides and "Where am I now?" Tell them to think about their answers to the previous slide and write down their thoughts. Ask them to pick one thing they'd like to change most. Circle it. Focus on that for the next activity.

Slide 7 – Where do I want to go? 3-5 minutes

Ask participants to picture how their lives would improve if they could get unstuck from this situation. Participants write answers in workbooks and can discuss if struggling with ideas (In person - discuss with table groups. Virtual – discuss in breakout rooms of 3-6 people each.)

Slide 8 – Goal 3-5 minutes

Participants find connections and overarching themes. Use them to define goals. Click on the slide when you finish talking to show bullseye. Participants write answers in workbooks and can discuss if struggling with ideas (In Person - with table groups. Virtual - Breakout rooms of 3-6 people.)

Slide 9 Think Big 3-5 minutes

Ask participants where they want to be in 5 years. Participants write 3 goals in workbooks and can discuss if struggling with ideas (In Person - with table groups. Virtual - Breakout rooms of 3-6 people.)

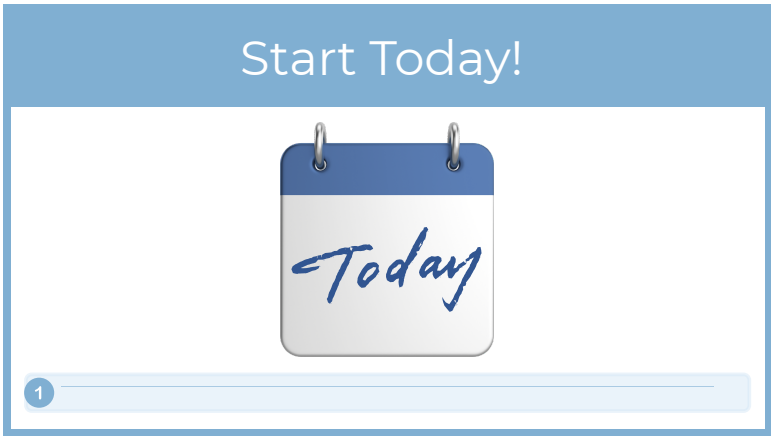
Slide 10 Smaller Steps 3-5 minutes

Tell participants it's important to break big goals into smaller steps. Participants write 1 thing to complete every 4 months this year. Can discuss if struggling with ideas (In Person - with table groups. Virtual - Breakout rooms of 3-6 people.)

Slide 11 Weekly List 3-5 minutes

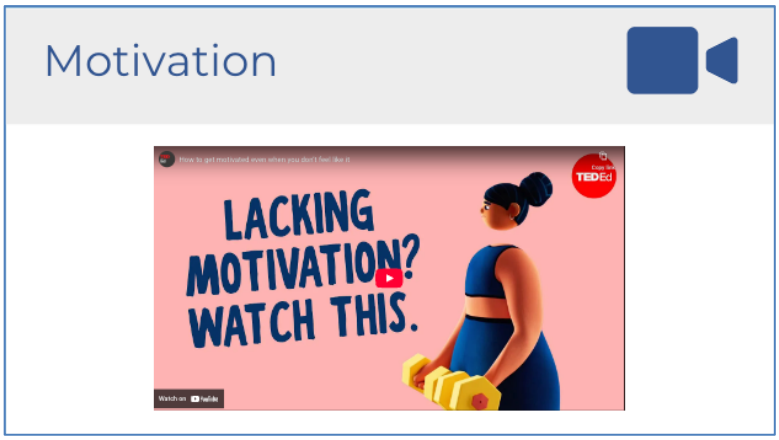
Participants write 1 thing to complete each week this month. Can discuss if struggling with ideas (In Person - with table groups. Virtual - Breakout rooms of 3-6 people.)

Slide 12 Start today! 2-3 minutes



Participants write 1 thing to complete today. Can discuss if struggling with ideas (In Person - with table groups. Virtual - Breakout rooms of 3-6 people.)

Slide 13 – Motivation 6-10 minutes



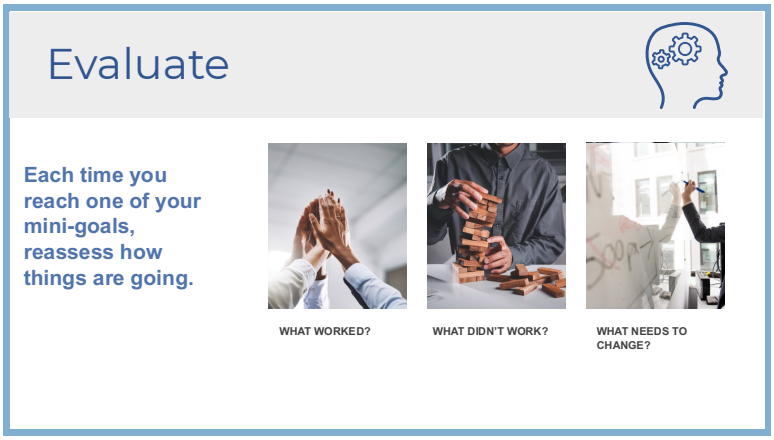
1. Read the video setup.
2. Play the video.
3. Discuss video and answers. (In Person – Whole group, raise hands. Virtual – Write in chat box.)

Video Setup:
Say that motivation is highest during planning. They will look for things they can do to keep them motivated. Write notes in workbook.

Slide 14 – Accountability 2-3 minutes

Discuss the importance of finding people and ways to stay accountable. Participants write a list of who/what can keep them accountable in their workbooks.

Slide 15 – Evaluate 1-2 minutes

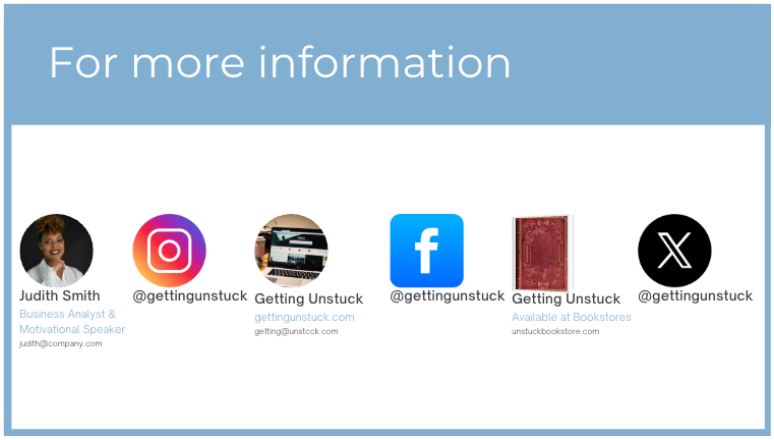


Read the slide. Discuss the importance of continually evaluating plans and goals.

16 – Conclusion 1 minute

Read the slide.

17 – For More Information 1 minute



Read the slide. Thank participants for attending.

NOTES