

TRAIN-THE-TRAINER COURSE AGENDA/TIMINGS

DAY 1

Length	Timing	Topic
		Introduction
30 minutes	9:00 – 9:30 am	Welcome/Icebreaker Activity
10 minutes	9:30 – 9:40 am	Expectations/Agenda/Ground Rules
10 minutes	9:40 – 9:50 am	Distribution of Trainer Materials
		Preparing to Teach REST
5 minutes	9:50 – 9:55 am	REST History/Strategy
10 minutes	9:55 – 10:05 am	Adult Learners
5 minutes	10:05 – 10:10 am	Role of REST Trainers
15 minutes	10:10 – 10:25 am	Trainer Characteristics/Skills
5 minutes	10:25 – 10:30 am	Personal Stories/Customized Content
<i>BREAK</i>		
120 minutes	10:45–12:45 pm	Prepare: Demo and Deeper Dive
<i>LUNCH</i>		
60 minutes	1:30 – 2:30 pm	Care: Demo
30 minutes	2:30 – 3:00 pm	Care: Deeper Dive
<i>BREAK</i>		
60 minutes	3:15 – 4:15 pm	Connect (Assistance topic) Demo
20 minutes	4:15 – 4:35 pm	Connect Deeper Dive
25 minutes	4:35 – 5:00 pm	Day 1 Reflection / Homework

DAY 2

Length	Timing	Topic
2.5 hours	9:00 – 11:30 am	Participant Demonstrations / Feedback (includes 15 minute self-managed break)
10 minutes	11:30 – 11:40 am	Reflection on Day 1
60 minutes	11:40 – 12:40 pm	Connect (remaining topics) Demo
<i>LUNCH</i>		
30 minutes	1:25 – 1:45 pm	Connect: Demo and Deeper Dive
75 minutes	1:45 – 3:00 pm	Forms: Demo and Deeper Dive
<i>BREAK</i>		
30 minutes	3:20 – 3:50 pm	References: Demo and Deeper Dive
60 minutes	3:50 – 4:50 pm	Wrap Up / Next Steps /Evaluation / Closing

This agenda allows for two 15-minute breaks and a 45-minute lunch each day.