

IMYM Spiritual Formation program

DRAFT - Facilitator Training Schedule

9:00 am Monday - Opening Talk: Outline our goals and overall agenda for the weekend. Perhaps agree to ground rules as well.

Welcome and brief overview of our purpose for the Introductory Experience
Silence

Introduction of facilitation team

Introduction of participants: Name and what brought us here or what we hope to get out of today's session.

Divide into small groups of 3 to 5

Give introduction of small group process.

Small groups meet for about one hour

Break for 10 minutes

Re-gather in the full group and give an overview of the nine-month SF Program, including the details of what we have planned for a retreat, answer questions, get feedback on what works for participants for retreat dates and give a plug for registration.

Closing silence for 5 minutes

Begin registration

(Hand out reading for tomorrow)

12:00 pm - Lunch

Welcome, Overview of Opening Retreat

Introductions: Name and what I hope to get out of this retreat

Explore Spiritual Formation: Using River of Spiritual Life

Break that represents overnight when this part on Friday evening

Focus on Listening:

Journaling

Supper

Debriefing of Fishbowl

Small Accountability Groups

Logistics for Accountability Groups - including choosing days and times for

Reading Sessions and choosing facilitators for those sessions

Brief Closing - For the night

9:00 AM Tuesday - Gathering

Large Group Discussion on Spiritual Practices

Large Group Sample Responses to Readings Session

Final Closing - I strongly suggest that this be more than brief. It is the send off for

the nine months.

Lunch

Overview of Facilitator Training portion of Workshop

Gathering: What I have learned so far about spiritual formation retreats

Break into training teams

Team Building Exercise

Team Planning Period: Each team plans who will do what part of their practice agenda - pass out training agendas

Break

Agenda led by Team I

Break for supper

9:00 AM Wednesday

Gathering: A strength I bring as a facilitator is...

Agenda led by Team II

Break

Agenda lead by Team III

Closing