

Day 1 Facilitator Outline

I. Registration

Pass out registration packets as participants arrive. Ask each participant to confirm his or her contact information. Invite them to enjoy refreshments, stop by the resource table, and make themselves comfortable as they wait for the session to begin.



Show the first **OT-Parent Leadership Development** as you welcome participants and present the overview.



OT #1

II. Welcome

Welcome participants and introduce yourself and any other facilitators. Make housekeeping announcements:

- Provide relevant information about conference site
- Discuss breaks, meals, meeting locations
- Mention resource table
- Invite people to wear their “real” nametags (**not Famous Duo** tag) if they are not already doing so
- Note that much of the day will be spent getting to know each other
- Orient participants to packets and collect photo authorizations
- Take questions.

III. What is My Vision?

Before we focus on your individual visions about how you can be a parent leader, let's consider some general characteristics of a leadership vision.



Show OTs describing characteristics of a vision.



OT #11



OT #12

Set aside, for the moment, the specific reason you chose to participate in parent leadership development training. Open your minds to reflect on your life's journey thus far, your family, and your experiences.



Lead participants through the **Helicopter Activity** (a guided imagery experience).

Close your eyes. Imagine that you are going up in a helicopter or hot air balloon or just floating up over your life. Look down on your family and your current life.

- What do you see? (Pause)
- Where are you?
- What are you doing? (Pause)
- What is your family doing? (Pause)
- Where are your children?
- What are they doing?