

# Person-Centred Approaches

## Day 1

Time	Slide #’s	What	Time	Slide #’s	What
8:30	1,2	Welcome, introductions, opening round, meeting map, courtesy agreements, hospitality	1:00	53-57	Einstein quote - George’s doughnut
8:45	3,4	TLC and HSA slides	1:20	58-61	Harry part 2
8:50	5	Explain pyramid	1:50	66, 67	Connecting Harry to service life arrow, doughnut reflection
8:55	6-8	Terminal Irritation exercise	2:00	68-73	Integrated support star and Support Sequence
9:20	9-11	Promises, better lives, not just better paper	2:15	74-78	Discontent
9:25	12	Importance of Environments	2:25	79, 80	Levels of change
9:30	13-30	Introducing core concept – Important to, Important for	2:30		<b>BREAK</b>
10:00		<b>BREAK</b>	2:45	81-88	Communication charts and reflection Skills chart
10:15	31-37	Choice and control	3:00	89-95	Decision making
10:30	38	What are you trying to balance?	3:20	96-98	Culture activity
10:40	39, 40	2-minute drill video, activity and reflection	3:35	99	Culture discussion
10:55	41, 42	Important to and for at work activity	3:45	100-104	1PP intro, closing, highs and lows
11:10	43	Awareness test video – brief explanation			
11:15	44, 45	Harry story Part 1, reflection			
11:30	46	Service life to community life arrow – place stickers			
11:45	47-52	Life trajectory Skills chart			
12:00		<b>LUNCH</b>			

## Day 2

Time	Slide #s	What	Time	Slide #s	What
8:30	1,2	Welcome back, review of highs and lows	1:00	49-56	Good day/ bad day exercise, add to 1PP
8:45	3,4	Intro to the day	1:45	57-68	Puppy exercise, Garth Brooks video and exercise, working/not working
8:50	5-9	Histories with work history activity	2:15		<b>BREAK</b>
9:10	10-20	1PP introduction and examples	2:30	69, 70	Learning Log
9:20	21-23	Relationship Circles, maps and activity	2:40	71-77	Matching Skills chart
9:35	24-25	Supporting vs. Fixing	3:15	78-80	1PP to person-centred plan, Reviews video, learning wheel
9:45	26-32	7 questions, conversation styles, teenage video, mantra	3:30	81-85	4+1 explanation and exercise
10:15		<b>BREAK</b>	3:50	86-88	Closing video and evaluations, closing of day
10:30	33-40	Reputations with exercises, add to 1PP, language story			
11:15	41-48	Morning routine exercise Skills chart			
12:00		<b>LUNCH</b>			