## WEEKEND Cohort

**February 22nd** 9:30am-1pm EST. Session 1 & 2

March 1st 9:30am-11am EST. Session 3

Each cohort includes (3) 90-minute foundation building sessions that introduce leaders to basic skills needed to build active affinity groups, resource groups and more.

**REGISTER HERE!** 

### JOIN A 2025 COHORT FOR VIRTUAL

# Group Leader Training

#### LEARN TO LAUNCH AND LEAD PSYCHOLOGICALLY SAFE AND BRAVE SPACES

#### Session 1:

- Learn the foundation for what spaces are designed for.
- Understand the positive impact of groups.
- Explore different types of groups.

#### Session 2:

- Explore creating spaces for your organization.
- Build your case to create a psychologically safe/brave space.
- Create a vision and set goals for your psychologically safe place.
- Learn to build psychologically safe/brave spaces and establish norms.

#### Session 3:

- Discover leader self-care and support.
- Explore how to overcome leader and facilitator challenges.
- Create tools you'll need to lead your space and your groups (i.e. agendas, scheduling, activities, discussion questions, goals, etc.).
- Learn techniques for engagement and participation.

#### Rates:

#### \$550/person

Group rate: \$500/person of groups of 3 or more



