



Sample Detailed Two-Day Schedule

Day 1 8:30 a.m. – 5:30 p.m.	Topic
8:30 am	Welcome, Introductions, and Shared Outcomes
8:50 am	The Cost of Drama Three Dimensions of Work Challenge of Change
9:10 am	1VQ FISBE, Orientations, and AIR
9:45 am	Thoughts, Feelings exercise
10:00 am	Triggers exercise Sharing and debrief
10:30 am	Commitment Behind the Complaint
10:45 am	Listening 3 levels overview, demonstration, exercise, debrief
Noon	Lunch
1:00 pm	TED* Changes the Brain
1:30 pm	Pause Practice
1:40	2VQ Present Dreaded Drama Triangle (DDT)
2:00 pm	FISBE description of DDT roles
2:40 pm	DDT Scenario Worksheet Sharing and debriefing
3:15 pm	DDT skit Noticing the DDT within
3:45 pm	Introducing TED*
4:05 pm	Wrap up
5:00 pm	Adjourn



Day 2 8:30 – 4:30	Topic
8:30 am	Opening Circle
8:50 am	TED* Review FISBE of TED* roles
9:30 am	Making shifts happen and review each shift each shift
Working lunch Noon	Do-Over Scenario Worksheet
1:00 pm	Return to dyads and review “do-over” worksheets. 10 minutes/person
1:20 pm	Finish 2VQ
1:30 pm	3VQ Present Dynamic Tension
2:00 pm	Review Action Planning Worksheet
2:15 pm	Work on Action Planning Worksheet individually
2:30 pm	Dyads share Action Planning Worksheets 15 minutes/person
3:00 pm	Debrief
3:10 pm	Complete reflection sheets
3:20 pm	The Seven Commitments
4:30 pm	Adjourn