

# Agenda

## Arrival & Icebreakers

- Play some fun icebreaker activities with your fellow TEAM members!

## Introduction to Training

- Introduce the topic of the training and the activities we will be doing today.

## Leadership Tree activity

- Break into groups of 4-5 with 1-2 facilitators.
- See the Leadership Tree activity sheet in your folder for information about the activity.

## Lunch/Begin work on Vision Workbook

- Take a break for some pizza and hanging out with your fellow TEAM members. If you are finished early, you can start to work on your Vision workbook.

## Vision Workbook/Goal-setting

- Break into groups of 2-3 with 1 facilitator.
- In this activity, you will focus on thinking about and planning for the future. This activity is meant to be interactive, so talk with your facilitator and partner about the different topics.
- Today, we will be working on Daily Activities, Independent Living/Housing, Relationships, and Hobbies, Recreation & Leisure – you can finish the rest of the workbook at home if you want!
- If your group finishes your workbooks early, you can work on the goal setting worksheet. Choose a goal based on something you wrote about in your Vision workbook, like learning how to cook or getting a part-time job.

## Movement Break – Human Knot

- Stretch and move around by untangling the Human Knot!

## Art Activity: Quote posters

- Choose a famous quote, song lyric, phrase, or word that reflects you and/or your feelings towards your fellow TEAM members. Choose a piece of scrapbook paper to use as the background of your quote and then decorate the quote using art supplies and cut-outs from magazines.

## Wrap-up

- Final reflections and reminders for upcoming events!