



## Mother-Daughter Circle Training Course Outline



**Course Subject Matter:** 6.5 Hours of Instruction

This workshop prepares participants to facilitate a Mother-Daughter Circle program for mothers or female caregivers and girls 11 – 18 years of age in their communities, utilizing the program, *Heart of the Matter*. The program relates to the scope of practice for service providers in child services, mental health, drug and alcohol services, education, community based services, public health, faith-based services and the juvenile justice sector. The training prepares facilitators intellectually, emotionally, experientially, and logistically to provide a quality prevention or intervention program to strengthen bonds between girls or young women and their mothers or female caregivers during the transitional adolescent years.

The workshop follows the 8-Week curriculum that integrates the Girls Circle model and best practice parenting approaches. Participants will understand the tasks and develop the skills to promote empathy, positive female identity, healthy responses to stress, quality communication skills, and effective parental limit setting. Participants will prepare to utilize demonstrations and role plays, trust activities, discussions, reflective listening, affirmations, I messages, open ended questions, and application of the 5 S.T.E.P.S.™ for navigating the relationship through the challenges and changes of the mother-daughter relationship during adolescence. *The workshop incorporates a variety of learning methods including large group presentations and discussions, small group activities, trainer demonstrations, role play, small group skills practice.*

The training is provided in one full day, 8:30-4:30.

### ONE DAY

Title	Mother-Daughter Circle Training: Heart of the Matter
Opening	Welcome; GCA background and overall theoretical approach. Introductions and Icebreaker Community Expectations and Objectives
Presentation of Training Objectives	<ul style="list-style-type: none"> <li>• To understand the purpose, goals, and strengths-based approaches of the Mother Daughter Circle</li> <li>• To prepare participants to effectively facilitate the Mother-Daughter Circle curriculum: <i>Heart of the Matter</i></li> <li>• To recognize and understand the powerful connection to the mother-daughter bond, its' many variations and experiences, and how these experiences influence facilitator effectiveness as well as potential circle participant experiences</li> <li>• To understand and develop specific facilitator skills for application in the Mother-Daughter Circle</li> </ul>
Mother-Daughter Themes, Stories	<ul style="list-style-type: none"> <li>• Identifying beliefs and behaviors associated with the relationship.</li> <li>• Telling facilitators' own stories; commonalities and differences; female role expectations and intergenerational messages;</li> <li>• Understanding the impact of the relationship; understanding barriers and supports to the relationship;</li> </ul>

	<ul style="list-style-type: none"> <li>• Preparing to support and recognize mothers/female caregivers/and girls with their emotional experiences.</li> </ul>
Patterns of Communication and Interaction	<p>Understanding ineffective and effective methods of communication.</p> <ul style="list-style-type: none"> <li>• Role Plays – Identification of Patterns</li> <li>• Review and Group Discussion: Communication Tools – <i>Reflective Listening, I Messages, Affirmations, Open Ended Questions</i></li> <li>• Coaching families through Conflict with Communication Tools</li> </ul>
Promoting Trust through Consistency and Skills Empowerment	<p>Recognizing the need and process for trust development</p> <ul style="list-style-type: none"> <li>• Trust Activity</li> <li>• The 5 S.T.E.P.S. process to set clear expectations, respond effectively, meet developmental and relational needs and demonstration</li> <li>• Small Group Skills Practice</li> <li>• Yoga Posture for Balance</li> </ul>
LifeMap Activity	<p>Become familiar with LifeMap activity purpose and application to mother-daughter relationship</p> <ul style="list-style-type: none"> <li>• Modified Activity</li> <li>• Sharing and Exploration of Connection Points</li> <li>• Focus on Bonds, Repairs, Strengths</li> </ul>
Implementation Planning	<p>Strategies, guidelines for organizations and individuals to implement the <i>Heart of the Matter</i> program in their communities.</p> <ul style="list-style-type: none"> <li>• Communicating with Parent communities and youth-serving organizations</li> <li>• Strategies for feasibility with busy or tired families</li> <li>• Cultural competencies</li> <li>• Co-facilitation tools</li> </ul>
Closing	<p>De-brief; Application; Closing Activity. Evaluations, and Certificates</p>