

Flexibility, Skills and Strength: Personal Training in the Collaborative Gym
Presenters: Barbara Burr, JD and Lisa Herrick, Ph.D.

AGENDA

- 2:00-2:10 Introduction to workshop- overview and goals for learning.
- 2:10-3:15 Meet the role play; assign roles.
Discuss and demonstrate Collaborative techniques and skills.
Discuss and demonstrate techniques and guidelines for constructive feedback and roleplay facilitation.
- 3:15-3:30 Break (subject to IACP scheduling)
- 3:30-4:10 Role Play No. 1.
Small Group Debrief.
Large Group Debrief.
- 4:10-4:50 Role Play No. 2
Small Group Debrief.
Large Group Debrief.
- 4:50-5:00 Wrap-up and Evaluations.