

H.O.P.E. Guide Training Level 2 Schedule

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| 8:00-8:30 AM | REGISTRATION: TALKING STICK CIRCLE INTRODUCTIONS |
| 8:30-9:15 AM | HOPE GROUP FUNCTIONS: SUCCESS-ORIENTATION. Realizing personal ideals |
| 9:15-10:00 AM | HOPE GROUP FUNCTIONS: REFRAMING Correcting "Cognitive Distortions" |
| 10:00-10:15 AM | BREAK |
| 10:15-11:00 AM | HOPE GROUP FUNCTIONS: ISSUES Dynamic concerns experienced in HOPE Groups |
| 11:00-11:30 AM | REVIEW OF HOPE GROUP FUNCTIONS |
| 11:30 AM- 12:00 PM | GUIDED IMAGERY BASED ON OUR IMAGES OF HOPE GROUP FUNCTIONS |
| 12:00-1:00 PM | LUNCH |
| 1:00-1:45 PM | HOPE GROUP QUALITIES: FREEING FROM FEAR Seven rich aspects of HOPE Groups |
| 1:45-2:30 PM | HOPE GROUP QUALITIES: THE HEALING POWER OF LOVE (PRESENCE) and FORGIVENESS (LETTING GO): Finding The Center |
| 2:30-2:45 PM | BREAK |
| 2:45-3:15 PM | REVIEW OF HOPE GROUP QUALITIES |
| 3:15-3-45 PM | GUIDED IMAGERY BASED ON OUR IMAGES OF HOPE GROUP QUALITIES |
| 3:45-4:30 PM | CLOSURE: PRESENTATION OF CERTIFICATES |