

Effective Facilitation

Become an effective facilitator!

Skills for childbirth educators

Day One

9.00am Introductions
Group Guidelines

9.30am **Give them what they want! Making prenatal programs memorable and worthwhile**

- Finding out what parents want from the course – ideas for agenda setting
- Developing a flexible program to meet stated needs
- Avoiding information overload
- Focusing on skills development

10.30am **Creating excitement and engaging the group**

- Activities that appeal to all learning styles
- Introducing variety
- Working with diverse groups – taking care with language, culture etc

12.00pm **LUNCH**

1.00pm **Enabling the group to gel**

- Encouraging interaction
- Using small group activities
- Handling group dynamics

2.30 pm **Break**

2.45 p.m. **Effective use of teaching aids**

- How to choose teaching aids
- Using video appropriately

4.00 pm **Evaluation of the day**

4.30pm **Close of day one**

Please note times may change depending on venue...

Day Two

- 8.30am **Reflection and questions**
- 8.45am **Promoting natural Birth through effective presentation**
- Confronting fears about labour and birth
 - Helping women to discover their birthing potentials
 - Motivating women through better information about pain
- 9.45am **Break**
- 10.00am **Promoting natural birth (continued)**
- 12.00pm **LUNCH**
- 12.45pm **Tackling the difficult subjects**
- Preparing for the unknown
 - Exercising choice
 - Unexpected outcomes
- 2.00pm **Break**
- 2.15 p.m. **Checking your outcomes**
- Review exercises
 - Evaluation strategies
 - Using feedback effectively
- 3.15pm **Evaluation of this program**
- 3.30pm **Close of the workshop**



Address 5 Daking Street North Parramatta NSW 2151

Phone 02 9630 5357 **Fax** 02 8677 9532 **Email** events@birthinternational.com

***Please note this workshop can be facilitated at your workplace
Contact us to find out how!***