

Session One: Two hour Zoom Meeting

Zoom Overview and Orientation

Welcome

- What is PFL?
- Community & Social (links provided)
- Overview of sessions

Theory

- Transtheoretical Model: How the Stages of Change fit with PFL
- Persuasion and risk perception

Questions

Experiencing PFL: Introduction to the Exploring Unit

PFL Computer Application Demo & Training Takeaway Overview

Questions

Homework

- Watch remaining Exploring Unit “Show Me” videos
- Take and submit notes

Session Two: Two Hour Zoom Meeting

Takeaway Review & Breakout Room Discussion

Theory: Summary of Moving ForWarD Rating Scale

- Process-Overview of Finish Line Focus, Working With and Defusing Dissent
- Content

Experiencing PFL: Completion of the Exploring Unit and Introduction to Reflecting Unit

Training Takeaway Overview

Questions

Homework

- Watch remaining Reflecting Unit “Show Me” videos
- Prepare for practice teaching
- Take and submit notes

Session Three: Two Hour Zoom Meeting

Practice Teaching & Breakout Room Discussion

Experiencing PFL: Completion of Reflecting Unit

Theory: Summary of Moving ForWarD Rating Scale

- Process—Defusing Dissent

Overview of PFL Certification Requirements

- Review of the Protecting Unit and report
- Audio sample and coaching process
- Support resources