AGENDA TOPICS

**Day 1**

- Welcome and Introductions
- Facilitator Certification Information
- Overview of NAFFA and the Linking Generations by Strengthening Relationships Program
- Session 1: Introduction and Building on the Foundation of Fatherhood Is Sacred(r) and Motherhood Is Sacred™
  - Define the purpose of life
  - Understand the importance of fathers and mothers as leaders
  - Understand the concepts of character, integrity, chaos, and order

- Session 2: Fatherhood Is Sacred™ Core Principles
  - Creator
  - Choice
  - Teachable
  - Wisdom
  - Service

- Lunch (On Your Own)

- Session 3: Thoughts
  - Understand thought and character are one
  - Learn the importance of controlling your thoughts
  - Learn the impact of uncontrolled thoughts
  - Understand the relationship between thoughts and desires

- Session 4: Attitude
  - Understand the power of attitude
  - Learn how to create an attitude of solving problems
  - Understand the importance of positive attitudes

- Session 5: Learning
  - Understand and recognize the value learning
  - Understand how learning is a sacred and individual responsibility
  - Learn the three areas where learning can take place
    - Study and Education
    - Instruction
    - Experience

**Day 2**

- Session 6: Self-worth
  - Understand what is self-worth and what it is tied to
  - Learn the difference between self-worth and self-esteem
  - Understand how problems and failures are tied to self-worth
  - Understand the true nature of self
Session 7: Improving Relationships
  o Identify five major areas critical for improving and strengthening relationships
    ▪ Kindness
    ▪ Safety
    ▪ Fairness
    ▪ Appreciation
    ▪ Joy and laughter
  o Understand family relationships

Lunch (On Your Own)

Session 8: Personal Characteristics Damaging to a Relationship
  o Identify three areas common to unhappy relationships
    ▪ Selfishness
    ▪ Emotional immaturity
    ▪ Laziness
  o Understand the blaming and whining cycle

Session 9: Getting Caught Up
  o Blame Game
  o Inappropriate Online Relationships

Session 10: Love and Intimacy
  o Learn to recognize love, accept love, communicate love, and show love
  o Understand what intimacy is
  o Understand the sexual responsibility of both partners
  o Identify the myths and truths about intimacy
  o Understand what passion is

Day 3

Session 11: Communication and Interaction
  o Learn how to improve communication and interaction skills
  o Learn to recognize problems in communication and interpretation
  o Understand how we interpret and perceive information
  o Learn the benefits of positive family communication and interaction

Session 12: The Road to Marriage
  o Learn how Native American cultures traditionally viewed marriage
  o Understand the importance of marriage, dating, and courtship
  o Learn the importance of preparing yourself for the right person
  o Learn the importance of setting personal standards

Lunch (Own Your Own)

Session 13: Ending or Changing a Relationship
  o Understand why relationships end
  o Learn when to consider a divorce or final separation
  o Learn how to minimize the damage from the termination of a relationship
  o Learn how to survive the loss of a spouse or partner

Session 14: Keys to Strong Family Relationships