

Day One

| Start Time | End time | Training Activity |
|--------------|--------------|--------------------------------------|
| 09:00 | 09:15 | Welcome and Introduction |
| 09:15 | 10:15 | Who are you? |
| 10:15 | 10:45 | Expectations |
| 10:45 | 11:00 | Break |
| 11:00 | 11:15 | Energiser |
| 11:15 | 11:25 | Course Code of Conduct |
| 11:25 | 11:55 | Sharing Experiences |
| 11:55 | 12:10 | Personal Training Fears |
| 12:10 | 12:30 | ToT Learning Outcomes and Material |
| 12:30 | 13:45 | Lunch |
| 13:45 | 13:55 | Energiser |
| 13:55 | 14:55 | Values clarification |
| 14:55 | 15:15 | Break |
| 15:15 | 15:30 | Energiser |
| 15:30 | 15:50 | Learning Styles |
| 15:50 | 16:30 | What makes a good facilitator? |
| 16:30 | 16:50 | Trainer Credibility |
| 16:50 | 17:00 | Assignment of icebreakers/energisers |
| 17:00 | 17:15 | Evaluation and Conclusion |
| 17:30 | | Informal Welcome Drink |

Day Two

| Start Time | End time | Training Activity |
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| 09:00 | 09:05 | Welcome and Housekeeping |
| 09:05 | 09:20 | Energiser/Icebreaker |
| 09:20 | 09:40 | Identify Circles |
| 09:40 | 10:10 | Are you ready to train? |
| 10:00 | 10:30 | Common training techniques |
| 10:30 | 10:50 | Break |
| 10:50 | 11:05 | Energiser |
| 11:05 | 12:30 | Practicising Facilitation |
| 12:30 | 13:45 | Lunch |
| 13:45 | 14:00 | Energiser |
| 14:00 | 14:15 | Stick Exercise |
| 14:15 | 14:30 | Constructive Feedback |
| 14:30 | 14:45 | Assignment of Teams for Presentations |
| 14:45 | 15:15 | Preparation time for Team presentations |
| 15:15 | 15:30 | Break |
| 15:30 | 15:40 | Energiser |
| 15:40 | 17:00 | Preparation time for Team presentations |
| 17:00 | 17:15 | Evaluation and Conclusion |

Day Three

| Start Time | End time | Training Activity |
|--------------|--------------|---------------------------|
| 09:00 | 09:05 | Welcome and Housekeeping |
| 09:05 | 09:15 | Energiser/Icebreaker |
| 09:15 | 10:30 | Teams 1 and 2 |
| 10:30 | 10:50 | Break |
| 10:50 | 11:00 | Energiser/Icebreaker |
| 11:00 | 12:20 | Teams 3 and 4 |
| 12:20 | 13:35 | Lunch |
| 13:35 | 13:45 | Energiser/Icebreaker |
| 13:45 | 15:05 | Teams 5 and 6 |
| 15:05 | 15:20 | Break |
| 15:20 | 15:30 | Energiser/Icebreaker |
| 15:30 | 16:50 | Teams 7 and 8 |
| 16:50 | 17:05 | Evaluation and Conclusion |

Day Four

| Start Time | End time | Training Activity |
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| 09:00 | 09:05 | Welcome and Housekeeping |
| 09:05 | 09:15 | Energiser/Icebreaker |
| 09:15 | 10:30 | Curriculum Writing |
| 10:30 | 10:50 | Break |
| 10:50 | 11:00 | Energiser/Icebreaker |
| 11:00 | 12:20 | Writing and adapting topics for STOs |
| 12:20 | 13:30 | Lunch |
| 13:30 | 13:40 | Energiser |
| 13:40 | 15:00 | EC Intervention on Value of Training of Observers |
| 15:00 | 15:15 | Break |
| 15:15 | 15:25 | Energiser |
| 15:25 | 16:45 | Preliminary Evaluations |
| 16:45 | 17:00 | Evaluation and Conclusion |
| 19:30 | | Trainers' Dinner |

Day Five

| Start Time | End time | Training Activity |
|------------|----------|---|
| 09:00 | 09:05 | Welcome and Housekeeping |
| 09:05 | 09:15 | Energiser |
| 09:15 | 10:30 | Planning the training |
| 10:30 | 10:45 | Break |
| 10:45 | 10:55 | Energiser |
| 10:55 | 12:15 | Adapting the Agenda to your needs |
| 12:15 | 13:15 | Lunch |
| 13:15 | 13:25 | Energiser |
| 13:25 | 14:45 | Monitoring and Evaluation of Participants |
| 14:45 | 15:00 | Break |
| 15:00 | 15:30 | Closing Remarks |