

Foundations: Session plan overview

Time	Session # Content & process	Who'll kick-off/ lead	Resources
6.00	Informal welcome, refreshments/food		
6.15	1. Welcome, facilitators' intros & intentions, housekeeping, apologies Check in		
6.30	2. Session content		
7.15	<i>Break</i>		Refreshment
7.30	3. Session content		
8.15	4. Centring/calming exercise Closing circle: Take away?		