

 **TRAINER** — Keep this slide visible during Activity 1 (Welcome & Warm-up)

Ground Rules

- ✓ Speak in plain language
- ✓ One voice at a time
- ✓ Respect each other's time
- ✓ You can always pass
- ✓ What is shared here stays here

Warm-up question

Choose one:

"One thing I am good at in daily life."

"One thing that helps me on a difficult day."

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Respond in chat or by voice | You can always pass

 **TRAINER** — Share this screen during Activity 2. Type participant contributions into the boxes below.



Our Strengths Wall

Share one word or phrase about a strength you have. Your trainer will add it below.

1

click to type →

2

click to type →

3

click to type →

4

click to type →

5

click to type →

6

click to type →

7

click to type →

8

click to type →



TRAINER — Share this screen during Activity 3. Type the supports the group shares into the boxes. Aim for 3–5 themes.



What Helps Us Participate

What support helps you or others feel more involved? Share one idea. Your trainer will collect the key themes.

Theme 1

click to type →

Theme 2

click to type →

Theme 3

click to type →

Theme 4

click to type →

Theme 5

click to type →

Save this file after the session to keep a record of group contributions.