





Free Being Me Training Pack





Welcome

How to use the Training Pack

Start with the suggested training plans, and adapt for your needs.

Remember: Each Training is **unique** and should be adapted according to the nature of the event and its **objectives**. **Assess the needs** of participants before you start putting the programme together.

You will need to include different sessions and adapt the content accordingly depending on whether you are training trainers, leaders, peer educators or simply presenting to key people and decision makers.



Free Being Me Training Pack



Choose your objectives

- To establish the **importance** of the issue of **body confidence** and self-esteem.
- To develop an **understanding** of the Free Being Me **Activity Packs** and their **method**.
- To prepares participants **to train** others or **to deliver** the Activities to girls/and boys.

All or some of the above.
Add your own!

Who is your audience? You could...

- Train leaders/peer educators who will deliver the Activities.
- Train trainers that will cascade down and train leaders/peer educators.
- Present the project to decision makers and give an overview of the training.



Pick and mix sessions

You know what you need to focus on the most!

The extra sessions are optional. you can choose them based on your needs.

Important note:

Dedicate most of your time to using the Activity Packs. Help participants understand the method and how Free Being Me works and improves body confidence



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Decide how many days you need



Be **flexible**:

If you are short on time, you could have two one-day events or three afternoons!

Find the form that fits your situation best.

Sessions duration and content

The programme and the session designs offer suggestions. You can adapt the duration based on your group and objectives.

Use the parts that you need.

Fun and interactive training

Participants should be allowed time to practice the activities, to experience delivering them, to receive feedback.

Play the activities, do not just read them out.

Bring them to life!



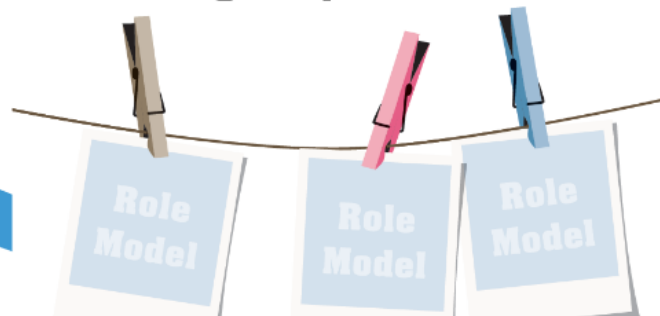


The Pack includes:
Everything you need
to run all the
sessions, plus extra
material and
resources to help
your planning.



Remember:

- You are facilitating the process
- You do not need to be an expert on the issue or the most body-confident person
- Make sure you create a safe learning space





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Dove & the World Association
of Girl Guides and Girl Scouts