WORKSHOP OVERVIEW

FUNdamentals of Facilitation

Hands-on training that turns activities into meaningful engagement



Play. Play fully. Play playfully.

Facilitators create environments – physical, emotional, intellectual, and social – to foster learning and development through the purposeful use of activities and reflective dialogue. This experiential series from Indiana Teen Institute helps adults and youth leaders move from running activities to designing experiences with purpose, choice, and FUN.

Pick your level

101

FUNdamentals of Facilitation

The introductory workshop: the facilitator role, core tools, and reflection. From a 3-hour overview to a full, customized day.

201

FUNdamentals of FUN

Experience a range of activities, then learn how to choose, sequence, and debrief each one.

301

Beyond FUNdamentals

A deeper review of the frameworks and skills behind intentional facilitation.

Bring the FUN to your group

Schools, chapters, coalitions, conferences, and organizations

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THE INTRODUCTORY WORKSHOP

101 FUNdamentals of Facilitation

Participants experience facilitation first, then unpack the tools that turn activities into meaningful engagement. Everyone receives a Participant Handbook for notes and reflection.

HOW THE SESSION BUILDS

Open Connection + readiness

Define Facilitator identity

Create Environment + safety

Design Goals + sequence

Facilitate Choice + experience

Reflect Meaning + transfer

Play FUN with purpose

Participants will

1. Tell facilitating from training, and know when a group needs each.
2. Shape the physical, emotional, intellectual, and social environment.
3. Start with outcomes, then choose and sequence activities to fit.
4. Offer meaningful choice so participants stretch without panic.
5. Lead reflection that turns experience into meaning and transfer.

Tools in the toolkit

- Comfort / Stretch / Panic
- Full Value Contract
- Goal Setting
- Sequencing + Flow
- Ice Breaker or Ice Maker?
- Challenge of Choice
- Experiential Learning Cycle
- What? So What? Now What?
- True FUN

Choose your format

3 hours Overview

Core concepts plus the signature experiences: emoji card, button, and postcard openers, Mousetraps, and Puzzlers, with time to reflect and plan next steps.

A strong fit for conferences, trainings, and staff development.

Up to 8 hours Customized

Everything in the overview, plus deeper practice and modules tailored to your group:

Stages of Change | SPF | Hart's Ladder | Johari Window | Other Frameworks

CONTINUE THE SERIES

Keep the FUN going

Customization in action

The SADD National Leadership Summit 2026 edition of 101 added a youth engagement and prevention focus: Stages of Change, the SPF, and youth empowerment models.

201
FUNdamentals of FUN

Learn by playing. Participants experience a range of activities, then step back to unpack why each one works and when to use it.

- Openers, connection builders, and group challenges
- Debriefs on purpose, risk level, and sequence
- Ways to adapt activities for different groups
- Challenge of Choice and True FUN in practice

Builds on 101 or a Standalone Workshop

301
Beyond FUNdamentals

A more in-depth review of frameworks and facilitation skills for those ready to go deeper.

- Experiential Learning Cycle and reflection strategies
- Stages of Change and group readiness
- Strategic Prevention Framework
- Youth engagement models and Hart's Ladder
- Feedback and the Johari Window

Builds on 101

Planning a session

1. **Share your audience**
   Who will attend, and what do you hope they carry forward?
2. **Choose a format**
   101, 201, or 301, from a 3-hour overview to a full-day experience.
3. **Customize the focus**
   Content is tailored to your setting, from youth leadership to prevention planning.
4. **Prepare the space**
   An open room with movable chairs leaves space for activities and movement.

Ready to host FUNdamentals?

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