



# Youth Lead Foundation Training Agenda Sample



YOUTH MENTAL HEALTH & ADDICTIONS CHAMPIONS TRAINING	
Time	Activity
<b>Date</b>	
BREAKFAST 8:00 am – 9:00 am	
9:00 am – 10:00 am	Individual Site Networking & Name Tag Creation
10:00 am – 11:00 am	Welcome, Introductions and Icebreaker
11:00 am – 11:45 am	Guest Speaker
11:45 am – 12:00 pm	Disruptor Activity
LUNCH 12:00 pm – 1:00 pm	
1:00 pm – 2:00 pm	Sticky Note Activity: Understanding local Issues
2:00 pm – 2:45 pm	Youth Engagement in Mental Health Promotion
2:45 pm – 3:00 pm	Break
3:00 pm – 4:55 pm	World Café
4:55 pm – 5:00 pm	Disruptor Activity and wrap up

