



Sample Guiding Good Choices Virtual Workshop Leader Training Schedule

Session #	Topic
1	Welcome & Logistics
2	GGC Session 1: How to Promote Health and Wellbeing During the Teen Years
3	Session 1 Practice
4	GGC Session 2: Setting Guidelines - How to Develop Health Beliefs and Clear Standards
5	<ul style="list-style-type: none"> • Session 2 Practice • GGC Session 3: Managing Conflict - How to Deal with Your Anger in a Positive Way
6	GGC Session 4: Avoiding Trouble - How to Say No, Keep Your Friends, and Still Have Fun
7	Session 4 Practice
8	GGC Session 5: Involving Everyone - How to Strengthen Family Bonds
9	<ul style="list-style-type: none"> • Session 5 Practice • Wrap Up