



Authentic Human Connection OVERVIEW

The overview

The Authentic Human Connection accredited training is a model developed by One YMCA and Deepr to enable you to become even more accomplished in your relational skills and approach in groups and in teams - supporting a better quality of work, collaboration, wellbeing and community impact.

Who's it for?

It's for you - whether you consider yourself an old pro or a total newbie. The framework and training does not contain magical knowledge that you'll never have heard of before. You might say it's full of common sense. The value in bringing this common sense together is that it enables us to become more intentional in the ways we go about our work and being.

What will I get?

- You'll grow your skills in an area that will support you in your work now and in the future. We know that all sorts of employers look for relational skills in the people they employ, and promote!
- You'll also receive an accreditation as a Connect Facilitator and, if you run a group, your group will become a Connect Group. The accreditation will be based upon short reflective tasks and will be assessed in terms of your commitment to working in this way.
- You'll develop stronger relationships across the organisation, opening up new networks of support and opportunities to work together.

The overview (continued)

What's the format?

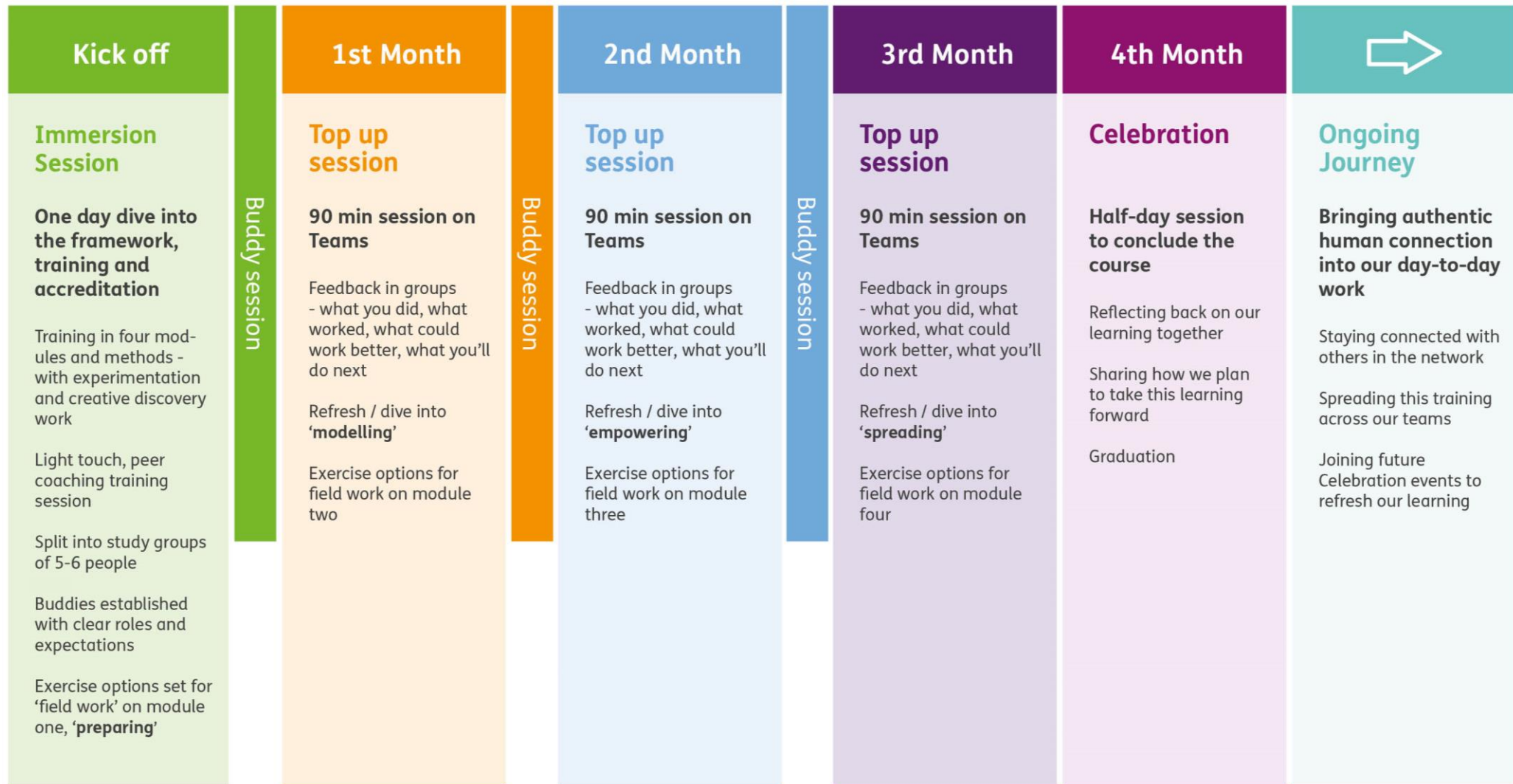
The training runs over four months. It kicks off with a day long session where you'll learn the fundamentals of the framework in a relaxed and experiential way. You'll learn coaching techniques and you'll decide how you might apply some of the learning in your work over the coming weeks. You'll be paired with a buddy and you'll support each other through the process, applying and developing your coaching skills in a relaxed way.

Every month, you'll come back for a 90 minute 'top up' session as you move through the different parts of the framework consecutively. The training concludes with a half-day Celebration, where you will reflect back on your learning, share next steps, and graduate as a Connect Facilitator!

And the time commitment?

- Initial 1 day immersion
- 3 x 90 minute sessions on Teams
- 3 x buddy sessions
- Practical testing woven into your day-to-day work, with brief reflections submitted as fieldwork
- Half-day Celebration

Authentic Human Connection: Learning journey



A Framework for Connection



Methods for Connection

We've developed 80 methods to support this model for connection, and help us to apply it in our day-to-day work.

