



{INSERT DATES HERE}

**FRIDAY**

|             |                                                            |  |
|-------------|------------------------------------------------------------|--|
| 8:15-8:30   | Introductions                                              |  |
| 8:30-9:45   | 1. Introduction to GO EquipHer/Women's DMM                 |  |
| 9:45-10:00  | Break (Snacks)                                             |  |
| 10:00-11:45 | 2. God's Plan - The Big Story                              |  |
| 11:45-12:30 | Lunch                                                      |  |
| 12:30-1:30  | 3. Multiplying Integral Disciple Makers                    |  |
| 1:30-2:30   | 4. Overview of Women's DMM/Discovery Group Practice        |  |
| 2:30-2:45   | Break (Snacks)                                             |  |
| 2:45-3:45   | 5. Finding Person of Peace/Prayer Walking in the Community |  |
| 3:45-4:45   | 6. Created in Image of God & A Woman's Worth               |  |
| 5:00-5:15   | Break (Snacks)                                             |  |
| 5:15-6:30   | 7. Comparing Relief & Development                          |  |

**SATURDAY**

|             |                                                                                                      |  |
|-------------|------------------------------------------------------------------------------------------------------|--|
| 8:15-8:45   | Practice DBS Devotion (John 15:1-12)                                                                 |  |
| 8:45-9:45   | 9. Discovery Group Overview                                                                          |  |
| 9:45-10:00  | Break (Snacks)                                                                                       |  |
| 10:00-12:00 | 10. How God Designed A Woman, the Stages of Womanhood, Fertility Awareness                           |  |
| 12:00-1:00  | Lunch                                                                                                |  |
| 1:00-2:00   | 11. Women's Hygiene                                                                                  |  |
| 2:00-2:45   | 12. Relational Evangelism                                                                            |  |
| 2:45-3:00   | Break                                                                                                |  |
| 3:00-4:00   | 13. Truth, Lies, & God's Promises                                                                    |  |
| 4:00-4:15   | Break                                                                                                |  |
| 4:15- 5:15  | 14. Discovery Group Practice                                                                         |  |
| 5:15-6:30   | 15. How to Prepare a Women's Conference on Mission Trip & What's Next?<br>Certificates & Evaluations |  |

## Pre-Conference Preparation for EquipHer TOT

### Location

The room (conference room or something similar) should be large enough to hold approximately 30 chairs and an easel, all arranged in a circle. There should also be two tables for materials and handouts. It would be helpful to have 3-4 tables for small group breakouts but it is not critical.

### Food

A normal training day consists of seven hours of class time, a one-hour lunch, and two 15-30 minute breaks. It is recommended to bring in a catered lunch and the participants being responsible for their own breakfast and dinner. Small snacks can consist of granola bars, fresh fruit, pretzels, etc. Beverages can be coffee, tea, water, etc. Nothing elaborate, but just enough to revive the participants a the training is intense and can be mentally tiring.

### Supplies Needed for EquipHer TOT

1. An **easel** for flip charts
2. Three to four large **flip charts/newsprint**
3. Two rolls of **painter's tape** to tape the chart notes on the walls (painter's tape won't damage walls).
4. **Large tip marking pens** - sharpies 6-8 pens. The color doesn't matter as long as it's dark and can be easily seen from across the room.
5. **Name tags** for the participants to wear throughout the entire training. The plastic ones where names can be written out and slipped into the nametag and worn continuously tend to be best vs. sticker name tags.
6. If possible, provide a **small binder (½ inch)** for each participant with some **blank paper** inside. The participants can add their handouts to the binder as they are distributed and have a hard surface to write on to take notes. Also have **pens** available.
7. **QR Code or Link to GO EquipHer HUB** that has GO EquipHer manuals and any additional resources for participants
8. **Certificates of Completion**
9. **Sign-in Sheet**
10. **Menstrual Cycle Bead Activity** (*each woman must have 3 red beads, 12 white beads, & 17 black beads*)
  - a. Red pony beads <https://a.co/d/9a1rmuZ>
  - b. Black pony beads <https://a.co/d/132CK58>
  - c. White pony beads <https://a.co/d/132CK58>
  - d. Black elastic cord (for bracelet) <https://a.co/d/9Vprbg7>
11. **Women's Hygiene Germ Activity**
  - a. Glitter (black, purple, or green that can be seen well) <https://a.co/d/f9lhpKG>
  - b. Fingernail brush <https://a.co/d/1igaSMq>
  - c. Soap (can either bring with you or get in country)
  - d. Bowls (at least 2, one with clean water and once for rinsing off hands)

- e. Clean towel for wiping off hands
- f. Balloons (2-4 regular)

### **Participant Handouts**

Host will handle photocopying and three-hole punching of handouts. Each participant will receive handouts; some will be double-sided. Different trainers distribute the handouts differently. One option is to distribute the handout for each lesson right after it is taught, rather than all in a notebook given at the beginning. So have them printed individually, not in collated sets.

### **Trainer Materials**

1. Prepare a notebook with all lessons for the course (double-sided printing reduces weight, bulk). Also need lessons in the local language where available.
2. For lessons with role-plays, it is helpful to print just the role plays for each lesson with enough copies for each person in role play.
3. For lessons with teaching tools (women's health lessons, fertility awareness, reproductive system), it is helpful to have these pre-printed, laminated, color-coded, whatever is needed. Have role plays, specific newsprint, that needs to be written out, and prepare ahead of time.

