**Transcript for VLOG: Siena Attends YDAS Facilitation Training**

Hey! Hi! Hello! Welcome back! So, this video is going to be about the Facilitation Training I’m going to be...um... undertaking in a couple of hours. Actually, only in an hour and 15 minutes. It’s run through YDAS – the Youth Disability Advocacy Service – and I’m super excited. This opportunity kind of came up because I did the Young Leaders program, and it was offered to all of the... what’s the word? Not prospective... the opposite. Graduates of the Young Leaders program. And so, that was sent out to all of the past graduates, um, offering if they wanted to get involved. So, I did! And that was just through – they just sent a link... um, to sign up through.... I think it was Eventbrite. And you just signed up, put in your email address, your name. And then you just got sent the information. So, it's running both today and tomorrow. And it’s two sessions from 2:30 till 6:30pm both days. But I do know that – I’m pretty sure – the facilitators are the same facilitators that facilitated – wow, I’ve said facilitated so many times then – the Young Leaders Program I was apart of. But also, they... I’m pretty sure at least one person that was in my program is in this program. So, that should be good! At least there will be some people I know and it’s not just me with a bunch of strangers.

Ah! It was from 2:30-6:30 and overall, the training was fantastic! So, we started off with a Child Safety run through. So, it was kind of like talking about the guidelines and things like that and child safety within YDAS. And then we went through some other things. We went through some fun activities to do with communicating confidently, which was super fun. We got to speak for 30 seconds on our favourite animals… or animal. I did not speak about my favourite animal ironically! But I chose an animal where I was like ‘I’ll have enough to say for 30 seconds’. We also found out that everyone – most people – loved axolotls. Um, which as they should! And that also sparked me to also go on a 2-hour deep dive on axolotls afterwards. Yeah! Other than that, it was just good fun. So, it was run by Safe and Alyce – for me, which were the two main facilitators of the Young Leaders Program that I did. Um, and we also still had Tara as the support worker, and Haley as the tech facilitator. Basically doing all of the blah-blah-loo behind the scenes stuff. Um, no but it was super fun, especially because maybe 50%-ish of the participants in the training were people that were apart of my Young Leaders program. So, it was super cool to be able to see them all again. But also, to meet some new people. There’s definitely- there was someone there that I recognise from something else I did, I don’t know what. But I just thought that was awesome being able to connect to new and different people and hear other perspectives and things like that.

We also explored the “flavours” – as Alyce called it – of, uh, facilitating which was awesome. And that was all to do about being yourself and lots of different aspects that come into facilitation and how to be a good facilitator. And within that, we went through and explored those as a group and, like, suggested our own thoughts and ideas and how we might use those flavours. Haha! Yeah, so, it was quite- I would say the first kind of half was very introductory in that you go through introductions of who you are, your pronouns if you feel comfortable, your name, the Aboriginal country you are calling in from and your answer to the icebreaker question. We went through the Child Safety, the guidelines, Zoom etiquette, how to use Zoom... all that kind of stuff. But the second half, we really got into it. So I’m guessing, my prediction is that this session today is going to be a lot more in depth and detailed.

This is a little while after the second session for the Facilitator Training. I just wanted to come and talk about what we did in the second session and how I found the session overall and how I – and you, I guess – can implement this in the future. Um, so, the second session was more focused on – you know – runsheets, creating runsheets, confidence, communicating and kind of – I don’t know how to explain it but like, responding to situations or um... things you may face, technical difficulties, and maybe potentially, difficult situations while the training is going on. And how to problem solve in the moment and the skills that you would use during that. Overall though, for me, I found the training extremely beneficial and... whilst it’s things – you know – you could work out on your own, it is a great training session that condenses it and allows you to learn all of those skills and do it in a group environment, learn from others – especially from the facilitators themselves, who were very…like, facilitating a facilitating training program. Cause, they were great examples of how to be a good facilitator. But also placed a lot of emphasis on how – you know – how every facilitator is different and you need to harness yourself. You need to be yourself but be yourself whilst being aware of everything else going on. I hope that makes sense. But overall, I found it super beneficial. And I am implementing almost daily in my work and, just in general. So, if facilitating a program or working with others is something you’d be interested in, I would highly recommend this because it’s not just for someone who is gonna go out and facilitate a program. The skills taught can be applied in so many settings and it’s such a versatile thing and training to have had that you don’t need to be facilitating a program tomorrow! But having that background experience and knowledge and learning that means that that’s a potential in your future. You could facilitate something, but it’s also skills you can apply in other settings. And the training is good quality training. It’s free to you as a graduate of the Young Leaders program. So, if it is something that interests you – I would highly recommend doing it and completing it because – like I said – that are skills that are invaluable and you can use them in so many settings.

I really enjoyed it. I found it a great use of my time. And they were super accessible. Overall, it was super helpful. And the fact is for me, um, because it was after quite long period of day – periods of day? – sometimes towards the end, I wouldn’t be able to take in as much information as the start. But because we do get a lot of that information beforehand. We get sent the agenda; we get sent the key points as you run through each of the sessions. I found that I was able to reflect on that and go back to it and having gone through the training, then that information really made sense to me. And I look back on that information regularly in my work. So, if you’re interested, please go and apply! It’s a fantastic opportunity and I cannot recommend it enough!