the Center for Respect

P.O. Box 269,
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Topic Areas to choose from when having Mike Domitrz provide training:

- *Today's Culture & the Realities*
- *Teaching Bystander Intervention.*
- *The Keys to Consent Education.*
- *Addressing Victim Blaming.*
- *Self-Care. Simple & Critical Steps.*
- *Creating a Supportive & Safer Space.*
- *Motivation. Your Why. Their Why. And the How.*
- *Story and Story Telling (Yours and Theirs).*
- *The Power of a Question (Conversation vs Lecture).*
- *Humor: Why it's Essential and How to Integrate.*
- *Fears, Hecklers, & Overcoming Challenges.*
- *Technology & How to Integrate.*
- *Thriving with ENGAGEMENT in Training.*

Today's Culture and the Realities

- From porn to nudes to influences around sexual decision-making, learn the societal and cultural norms many in the military believe in and follow.
    - Realize how unhealthy societal standards can impact topics around consent and reducing sexual violence. Consider a new possibility for changing the standard of excellence around sexual decision-making.
        - Including Mike's "Slope of Sexual Activity" and Stairway to . . ."
    - Find out how to discuss the potential dangers concerning porn without shaming or guilting attendees.
    - Gain an understanding of why many people feel they owe partners nudes and/or why they fear denying such requests.
    - Can we blame the entertainment industry? Realize the ways many leaders and trainers unintentionally victim blaming by blaming Hollywood and the entertainment industry.

Teaching Bystander Intervention.

- If everyone intervened when someone made harmful statements or made destructive choices, the number of sexual violence occurrences would drop dramatically. And yet many fail to speak up or take action.
    - Avoid the "Bystander Effect" mistake many educators and trainers make by learning an effective skill for reframing the discussion.
    - Discover approaches for helping each person find their deep connection for why they want to speak up and take action on behalf of others.
    - Learn the 4-step formula for intervening in a nonconfrontational manner.

More options are on the following pages . . .

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The Keys to Consent Education.

- Just telling people to "Ask First" is not effective consent education. Those you lead need a full understanding of why "asking first" is essential for transformation to take place.
    - Discover the most common barriers people share for not asking first and how to address each barrier.
    - Find out the exact questions to ask your class or group to help them realize asking first is the only way to truly give your partner a choice and to respect the answer.
    - Learn how to how make discussions around consent fun.

Addressing Victim Blaming.

- Victim blaming is harmful to survivors, detrimental to creating a safe learning environment, and helps protect those who commit acts of sexual violence.
    - Discover the mindset which is essential for engaging with an individual who victim blames – whether the person is victim blaming intentionally or not.
    - Find out the exact questions to ask this person, including in front of other people and in one-on-one situations.
    - Learn how to help everyone in the training or class gain takeaways for addressing victim blaming they can use upon leaving your session.

Self-Care. The Simple Steps that Can Have Profound Impact.

- Self-care is critically important in doing the work you do. If you've been in this field long enough, you've seen the number of people who burnout. This module is designed to help you be your best as many days of the year as possible (while also being compassionate to yourself on the days it doesn't happen).
    - Discover how to recognize the beginning of "overwhelm" in its earliest stages. Get the steps to take in those moments.
    - Find supportive communities and resources for turning to throughout your journey.
    - Learn specific daily and weekly practices for keeping our mental, emotional, physical, and spiritual sides strong through the best of the most challenging of times.

Creating a Supportive & Safer Learning Space for Survivors.

- When conducting a class or training on sexual violence prevention and/or for building healthy relationships, participants can make statements that could trigger a survivor (so could a trainer). For example, telling a group the room is a "Safe Space" can be a dangerous choice.
    - Find out the most common mistakes concerning survivors in the room that leaders and trainers make.
    - Learn precise language for empowering survivors both in the room and for when they leave the class or training.

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Motivation: Your Why. Their Why. And the How.

- For training and education to be effective, participants must have a personal "Why" and fully understand "How" they can realistically make an impact.
    - Discover the perspectives those you train and lead bring with them,
    - Learn why and how your understanding of their beliefs better equips you for engaging them where they are at.
    - Learn the "How To" skills for addressing those beliefs and providing the opportunity for them to shift unhealthy beliefs into healthy ones.

Story and Storytelling (Yours and Theirs).

- Story is one of the greatest tools for connecting with those you teach and lead, including Stories of success; Stories of failure; Stories of pain; and Stories of love and compassion.
    - Discover how to utilize stories in your trainings and/or as a leader.
    - Find which stories of your own are best for sharing and/or not sharing.
    - Learn why small steps of storytelling for making the presentation of stories more effective and impactful.

The Power of a Question (Conversation vs Lecture).

- Lecture has rarely been found to be an effective training or educational method. Engaging groups in conversations allows them to connect themselves to the issues being presented and thus better enables them to make personal shifts in their mindset, choices, and behavior.
    - Discover how to ask questions that serve as a catalyst for self-reflection within the group.
    - Find out how improper wording of a question can lead to hostility and how the right wording can bring a group together.
    - Learn the technique known as "**Call & Response**" which Mike Domitrz is known for utilizing with groups around the world.

Humor: Why It's Essential and How to Integrate.

- Humor enables a trainer and/or educator to break down and remove barriers to learning that many participants bring with them into a training or tight-knit community.
    - Discover the different methods of humor you can choose from, and which best fit your teaching style.
    - Find out the keys to making the use of humor appropriate, especially when addressing sexual violence and/or healthy relationships.
    - Learn the exact steps to take for becoming more comfortable and effective with integrating humor.

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Fears, Hecklers, & Overcoming Challenges.

- One person in a room can alter the entire atmosphere for everyone, especially if that person is bringing forth toxic or hurtful statements or questions. This person is often referred to as a "Hecker."
    - Discover how to engage the "Heckler" – including the 5 steps Mike Domitrz has been using for 3 decades.
    - Find out how to have the entire room and/or group aid you and support you during those training moments.
    - Learn how to turn uncomfortable moments into powerful learning opportunities and to do so by treating the person making the concerning statements with respect throughout the process.

Technology & How to Integrate.

- As we know in this work, technology can be a tool for harm or a powerful tool for learning. Overcome the "Tech Challenges" many trainers and educators struggle within this module.
    - Discover apps and technology-based tools for making your trainings more effective.
    - Get ready to see what can go wrong and find out exactly what to do in those moments.
    - Learn how to use technology for proving the effectiveness of your program. This one lesson can be a game-changer for many professionals.

Thriving with ENGAGEMENT in Training.

- How engaging are you when you present training sessions? Who do you struggle to connect with? Have you experienced or witnessed a time when you felt like you were not connecting with the group you were talking with? The failure to be engagement can leave entire groups of people left out of vitally important conversations.
    - Discover where you could improve on being more engaging and at the same time gain the skills for doing so going forward.
    - Uncover simple strategies you might not be aware you have and find out how to make the techniques work with your personality and training style.
    - Learn how to own who you are with each group you lead in discussion – while creating an engaging, fun learning environment where the group can be themselves in the classroom/training experience.

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