

Youth Champion Workshop

Sample agenda

Youth Wellness Champions Training Workshop	
Date and location:	
Time	Activity
Registration and name tag creation – 9:00–9:15 a.m.	
9:15 a.m. – 9:30 a.m.	Welcome from Adult & Youth Leads and agenda overview
9:30 a.m. – 10:00 a.m.	Icebreaker
10:00 a.m. – 11:30 a.m.	Mental illness, mental health, stigma and health promotion
Disruptor activity and lunch: 11:30 a.m.–1:00 p.m.	
1:00 p.m. – 1:15 p.m.	Guest Speaker
1:15 p.m. – 2:15 p.m.	World Café (knowledge sharing session)
2:15 p.m. – 2:30 p.m.	Break
2:30 p.m. – 2:50 p.m.	Next Steps
2:50 p.m. – 3:00 p.m.	Wrap-up and training closer