

Point Break is a workshop designed to address the behaviors, values and attitudes of high school youth. It provides opportunity to listen, interact and engage on specific topics that shape a young person's life at school, in the home and in community.

The program is designed to engage participants from beginning to end. Point Break does alter the agenda, but follows the same format through each program. High energy activities, teaching segments and small group discussions are key elements to the overall experience. The sequence of activities facilitates a safe environment and authentic communication between participants.

When a candidate is certified as a Point Break Coach, it is understood that they will commit to maintaining the integrity of the workshop to the best of their ability without adding or taking away from the established curriculum or varying from the timing established to complete the workshop.

### Training Requirements

To be certified as a Coach a candidate must complete the following:

- Attend and perform assigned tasks (outlined below) in four workshops
- Each assignment, when completed, will be reviewed by the trainer
- Once all four assignments have been completed and approved by the trainer, the candidate will qualify to take the next step.

#### Workshop 1:

Experience the day as a **small group leader**. Candidates will interact with students through discussions, games and activities, facilitate discussions as directed by Point Break staff and pay attention for any needs or concerns that need to be addressed outside of the workshop (i.e., suicidal ideation, abuse, safety issues, etc.). The small group leader should ensure that a safe environment is created within their group and that all students are given the chance to participate in the manner and at the level they are comfortable with.

#### Workshop 2:

Observe the day as a **facilitator and coordinator**. Candidates will learn how to coordinate the day, which entails several areas of focus:

- Room set up
- Instruction/training of volunteers and small group leaders
- Flow of programming
- Clean up

#### Workshop 3:

Memorize the script and take a lead role as a **presenter** in the workshop with a trainer. Candidates will prepare ahead of time by memorizing the script and lead the flow of the workshop, alongside a trainer. They will learn each of the major segments and work on seamlessly flowing from one part to the next through communication and cues with other staff and volunteers. Candidates will also help coordinate the small group leaders and facilitate the large group activities through up front directions and cues.

#### **Workshop 4:**

**Conduct a workshop** from the beginning to the end of the day. Candidates will be observed by a trainer as they run through the entire workshop, beginning to end, as the main facilitator. The Candidate will take the lead from the time of set up, through each segment of the workshop, all the way through to tear down.

Please Note:

- Candidates will be approved and certified once they have completed each of the steps successfully.
- Failure to complete one of the steps will mean repeating the step until it is successfully performed.
- Training on site. All facilitators must be certified to conduct the workshop. Individual guest teachers, small group leaders and other team members will be recruited, trained and approved by a certified facilitator.

#### **Recertification Requirements**

Certified Coaches will be reviewed and recertified every two years. **The cost for renewal of certification will be based on the number of workshops completed.** Candidates who complete 10 or more workshops each year will not incur any cost for renewal of their certification.

#### **For More Information**

For more information about fees, expenses and required qualifications for entering the Point Break Coach Certification Program, please contact Point Break at:

**Address:** Point Break  
PO Box 277728  
Sacramento CA 95827

**Phone:** (916)857-0711

**Fax:** (916)857-0668

**Email:** [info@pointbreakonline.org](mailto:info@pointbreakonline.org)

**Web:** [www.pointbreakonline.org](http://www.pointbreakonline.org)