

Energizer – Finding the Frame Together

Step 1 – Learning Path & Train-the-Trainer Workshop Overview

Activity	Learning Path – Hero's Journey	Content	Time
Energizer – 30 min	From Space to Awareness	Finding the Frame Together	17:00–17:30
Step 1 – Learning Path & Workshop Overview	Arrival / Ordinary World	Welcome, EAC, HATE-LESS, 4-part series, today's goal	5 min
Step 2 – Check-In & Mini-Energizer	Arrival into the shared space	One word or emoji: "What space are you joining from?"	5 min
Step 3 – Theory / Background	Awareness – What our space represents	Space is not just background; it shapes atmosphere and story	2 min
Step 4 – Check-In	Noticing the frame	Quietly observe your physical or online space	2 min
Step 5 – Main Activity Experience	Seeing the frame	Notice light, objects, screen, sound, distance; adjust one small thing	10 min
Step 6 – Reflection	Bridge to story	"My space could help tell a story about..."	5 min
Step 7 – Reward & Resources	Threshold	Takeaway: "Before choosing words, notice the frame."	1 min
BREAK	Pause / Reset	Stretch, prepare phone or recording device	17:30–17:35

Energizer – Finding the Frame Together

Step 1 – Learning Path & Workshop Overview

Activity	Learning Path – Hero's Journey	Content	Time
Main Activity – 50 min	From Voice to Light	Space-to-Story Reel Sprint One Space. One Value. One Small Drop of Voice.	17:40–18:30
Step 1 – Online Hero Value Check-In	Call to Adventure	Online superhero/value prompt: what value do digital spaces need?	5 min
Step 2 – Hummingbird Moment & Reel Background	Courage / Hummingbird Moment	Hummingbird story, short Reel format, 4L method introduction	8 min
Step 3 – Choose Your Space	Choosing the Path	Choose a safe physical or online space	2 min
Step 4 – Video Script with The 4L Story Spark	Tool + Creation	Build Location → Love → Lens → Light and write the script	5 min
Step 5 – Record the Reel	Act of Courage	Record the final 15–30 second Reel	20 min
Step 6 – Trainer Reflection & Evaluation	Return / Trainer Reflection	Reflect on how this helps young people see their voice matters	7 min
Step 7 – Reward, Resources & Campaign Pathway	Gift / Reward	Evaluation, 4L handout, optional HATE-LESS campaign feature, closing quote	3 min