



Eunice Kennedy Shriver Day Training

Facilitation Notes

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Objective: To provide ambassadors with the tools, training, and language to promote the Best Buddies organization and showcase Eunice Kennedy Shriver Day.

Goal: Ambassadors will leave the training with the ability to speak about EKS Day.

Materials: Handouts, PPT, projector, Internet access, pencils, paper

Time: 10:00am – 2:30pm | 30 minute lunch break

Welcome

10:00am – 10:30am

Recap training | Purpose: 15 minutes

- All ambassadors have learned to write a speech, to present and speak publically, and to advocate for something important to them. Now they will learn to advocate for the mission and speak about the importance of EKS Day.
- The topic selected is: EKS Day.
- This session will review the history of the organization, the programs and goals, and ensure all ambassadors can speak to the organization's impact and the importance of EKS Day.
 - Even if ambassadors are not matched in a program, they can still learn about what we do as an organization and the importance of EKS Day.

Icebreaker: 10 minutes

Two Truths and a Lie or Skittles Life Story

Two Truths and a Lie Directions:

Ask all players to arrange themselves in a circle. Instruct each player to think of three statements about themselves. Two must be true statements, and one must be false. For each person, he or she shares the three statements (in any order) to the group. The goal of the **icebreaker** game is to determine which statement is false. The group votes on which one they feel is a lie, and at the end of each round, the person reveals which one was the lie.

Skittles Life Story Directions:

Pass around the candy and tell each participant to choose anywhere from 1 to 5 pieces of anything that they want. Instruct them not to eat it yet, though. After they have chosen their candy, you will tell them what each candy type/color represents.

If there is a whiteboard or chalkboard present, write on the board the following:

- Red – Favorite hobby
- Green – Favorite place on earth
- Blue – Favorite memory
- Yellow -Dream job
- Orange – Wildcard (tell us anything about yourself!)

If you don't have the above colors, change the above to match the candy types that you have. Each person takes turns introducing himself or herself, beginning with their name and then saying one fact for each candy type that they have. This easy **introduction game** should go relatively quickly.



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Goals and rules: 5 minutes

- Review rules established in past trainings
- Remind speech coaches and advocates to be present, respectful, and engaged
- Any additional rules to include?
 - No cell phones
 - Listen quietly
 - Take turns, do not interrupt others
 - Be respectful
 - All ideas are good ideas
 - Be encouraging of others
 - Ask question
 - Have fun!

Being a Best Buddies Ambassador

10:30am – 10:45am

Goals of a BBI Ambassador: 15 minutes

Discussion: What does it mean to be a Best Buddies Ambassador?

- Stress to the group that an ambassador is representing BB and our movement by incorporating their personal experience with BB and BB's impact on their lives.
- What can you take from past trainings to apply to today's training?
- Why is knowing about Best Buddies important to being an ambassador?

History of Best Buddies International

10:45am – 11:00am

History of Best Buddies: 15 minutes

Materials: PowerPoint

Goal: To provide ambassadors with a clear understanding of the Best Buddies movement.

- Group will review BB History PPT and discuss eight official programs, three pillars, mission and vision

Initiative Focus: EKS Day

11:00am-11:45pm

What is EKS Day?: 20 minutes

Materials: PowerPoint

Goal: To provide ambassadors with a clear understanding of EKS Day and how they can incorporate it into their BB story.

Please review the below points with the group.

- Eunice Kennedy Shriver Day is an annual celebration of her life and a global call to action for people to live in a more unified society -- in sport, in the community and in the work place.
- By committing acts of inclusion, acceptance and unity for and with people with intellectual disabilities, we will continue to build on Eunice Kennedy Shriver's legacy.
- Eunice Kennedy Shriver's life exemplifies the difference one person can make in the lives of others, and in the quality of all our lives. EKS Day was developed to celebrate Eunice Kennedy Shriver's five key values:
 - Love: EKS deeply loved her sister and she loved sports.



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Justice: EKS became furious about the neglect and indifference she saw toward her sister and others with intellectual disabilities.

Faith: EKS strongly believed that everyone counts.

Hope: EKS believed in the possibilities of persons with intellectual disabilities, which fuels hope in all of us to make a difference.

Courage: EKS demonstrated an unrelenting indomitable spirit in action that one person could change the world.

Discussion: Talk with the group about EKS's five key values. Motivate and inspire the audience by asking them to list some examples of these key values they have seen while being at an EKS Day, a Best Buddies event or out in the community.

Why do we celebrate EKS Day?: 25 minutes

Materials: PowerPoint

Goals: The importance in recognizing EKS at a specific time of the year and the important connection between EKS and Best Buddies.

Brainstorming Activity:

- On the whiteboard or on a presentation paper discuss with the class as a group the below questions. Make a list of their response so they can refer back to the answers when they are composing their speeches with their speech coaches.
- Why is EKS Day important? What is the goal? What can it accomplish? Why is EKS Day important to Best Buddies?

End the brainstorming activity and segment with the below recap.

- Eunice Kennedy Shriver's actions helped open the minds of all people to the gifts and talents of individuals with intellectual disabilities. She believed in their possibilities, which fuel hope in all of us to make a difference. Eunice Kennedy Shriver demonstrated an unrelenting indomitable spirit in action that one person could make a difference and change the world.
- We celebrate to honor her legacy by enjoying a day outside with our communities.
- **Anthony Kennedy Shriver**, founder and chairman of Best Buddies International, said of his mother, Eunice Kennedy Shriver, "She believed that when people with intellectual and developmental disabilities got on the playing field, all of their perceived differences went right out the window. Likewise, she thought that when they became employed and worked side-by-side with other employees, and when they became friends with a person who didn't have a disability, the same thing happened. That notion is the basis for Best Buddies, where our volunteers learn to see people with intellectual and developmental disabilities for their enormous talent, their enormous ability and their enormous skills."

Your Story and EKS Day

11:45am-12:15pm

What is your experience with EKS Day? 20 minutes

Materials

- Lined paper and writing utensils

Activity



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- Have ambassadors work with their speech coach to write down some memories about their experience with EKS Day.
 - What was their role? How did they feel participating? What feedback did they receive?
- If an ambassador has never been involved with EKS Day, have them describe their hopes for involvement. What do you think it will be like? What would you hope to share? Why do you want to be involved?

What role does an Ambassador have in EKS Day? 10 minutes

Why is it important to be able to tell others about yourself, your experiences, or your hopes in your life and with BB?

Discuss the following questions, as a group:

- What do you gain from sharing with others?
- What do others gain from hearing you share?
- What does it take to be a self-advocate and an expert on a certain subject?
- How do these two things overlap? Why are they both important?
- It's important to know your role as an empowered public speaker and being able to share a cause or a mission; learning these skills will help you to identify more speaking opportunities
- Knowing your own story is valuable; knowing how to share with others your stories is exceptional

Lunch Break

12:15am – 12:45pm

Speech Preparation

12:45pm – 1:45pm

Speech Writing Recap: 10 minutes

- Group will review elements of a speech: intro, body, and conclusion
- Will utilize worksheets and lined paper to frame speech.
- *Worksheet: Sharing Your Story & EKS Day*

Writing Your Speech: 50 minutes

Materials: Worksheet and lined paper

- Speech coaches will support ambassadors to write a speech about their experience with EKS Day, the importance of celebrating EKS Day and how it impacts them personally and for the community.

Edit & Practice

Goal: For ambassadors to feel comfortable with their message and confident in the topic they are speaking to

- Ambassadors and speech coaches will review speeches
- Make edits for consistency and clarity
- Ambassadors will practice speeches with coaches; make any changes

If time allows:

Identifying Advocacy Opportunities worksheet

- Focus of worksheet: how to identify strengths and challenge areas as an advocate; knowing your resources and supports; building connections to connect your story to the advocacy

Speech Presentations



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1:45pm – 2:15pm

Wrap Up & Reminders

2:15pm – 2:30pm

- Thank everyone for learning about Best Buddies and sharing their advocacy for the mission!
- Next training:
- State Events & Reminders