

SESSION PLANNER

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|----------------------------|--------|--------------|---------------------------------|
| Session Plan Topic: | | DATE: | |
| | | TIME: | |
| Group: | Venue: | Attendance: | Equipment & resources required: |
| Duration: | | | |
| Session Objective: | | | |

| Activity 1 | Activity 2 | Consolidation |
|--|--|--|
| Content (List activities & duration): | Content (List activities & duration): | Content (List activities & duration): |
| | | |
| Delivery (how the content will be delivered. Include modifications to activities and coaching tips): | Delivery: | Delivery: |
| Session Evaluation: (What worked or did not work. What did they like? Modifications for next time. | | |
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| Self-Reflection and assessment: | | |