

Sample Timed Outline

Time Allotted	Projected Start/End	Actual Start/End
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Welcome and Introduction

- Welcome participants and introduce yourself
- Activity: ***Are You Present***

5 min.

8:00/8:05

/

15 min.

8:05/8:20

/

Overview

- Overview of why our organization (or team) is introducing FISH!
- Describe format of the session
- Tell story about what the FISH! principles have done in your life

5 min.

8:20/8:25

/

5 min.

8:25/8:30

/

5 min.

8:30/8:35

/

Film with review

- Introduce film
- Watch FISH!
- Reflect on film

5 min.

8:35/8:40

/

20 min

8:40/9:00

/

10 min.

9:00/9:10

/

FISH! Principles overall

- Conversation Starters 2,4
- Activity: ***FISH! Scorecard***

10 min.

9:10/9:20

/

10 min.

9:20/9:30

/

BREAK

10 min.

9:30/9:40

PLAY

- Conversation Starters 8,9,10
- Activity: ***Work vs. Play***

15 min.

9:40/9:55

/

15 min.

9:55/10:10

/

MAKE THEIR DAY

- Conversation Starters 13,14
- Activity: ***That Made My Day!***

10 min.

10:10/10:20

/

15 min.

10:20/10:35

/

BREAK

5 min.

10:35/10:40

BE THERE

- Conversation Starters 20,22
- Activity: ***Who Am I Being?***

15 min.

10:40/10:55

/

15 min.

10:55/11:10

/

CHOOSE YOUR ATTITUDE

- Conversation Starters 24,26
- Activity: ***Professional FISH!***

15 min.

11:10/11:25

/

15 min.

11:25/11:40

/

CLOSING

- Have people share one thing they will do to live one or more FISH! principles

20 min.

11:40/12:00

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