



THE  
**GET READY**  
PROJECT

GRTL 1 Day Training Agenda 2025- 26

Live/ Remote

Presenters: Anne Buckley Reen, Helene Esposito

8:30 Welcome and Introductions

Program Rationale-

9:30: Floor 1 Practice

9:50: Video Analysis- P177Q

9:55- Breakdown of Sequences

10:00 The 5 Part Practice

10:30 Program Set up and Transitions: P307, 233Q, 993Q, 177Q sample classrooms

11:00- Break

11:15 Seated 1/ practice and discussion

11:35 Program Implementation: The 3 Phases  
video analysis

Alex; Case study, Tapping videos

12:30: Foundations/ Ready Breaks 1 practice

12:50 Measuring Change: Baseline and Follow-up

1:10 Resources/ Access/ Membership  
: Key Take Aways

1:30 Dismissal

A downloadable 21 page GRTL Classroom Handbook is provided to all training participants/ 1 year renewable membership for online streaming and resources is included in the training

