



Becoming and Growing as an MSTR LIT and Leader

1

Attend a FC-MSTR 24 hour course as a participant.

2

Complete Breakout-Leader-Training (on-demand videos & content using our self-paced learning management platform and group Zoom sessions).

3

Receive on-the-job training as a "Breakout-Leader-in-Training" (BLIT) for a weekly class. BLITs will observe an experienced Leader moderate a breakout room.

4

Continue as a "Breakout Leader" or skip to Step 5. Either paired with an experienced leader or matched with a fellow BLIT to run a breakout room. Experienced BLITs may work with experienced leaders to be mentored and then lead a small portion of the course content education.

5

Attend the 3-day Leader Training. Start co-leading classes with an experienced leader and/or a clinician.

6

After co-leading a minimum of three weekly classes and receiving positive feedback, MSTR leaders can become a head leader or lead an intensive.