

# GOT YOUR BACK™

RELATIONSHIP INTELLIGENCE for INDIVIDUALS

## GYB Certification Training Schedule

### Day 1

9:00-11:30 Introductions; overview of research & training; history of PREP  
UNIT 1: **WELCOME TO GOT YOUR BACK**

11:30-12:30 LUNCH

12:30- 3:00 UNIT 2: **PERSONALITY**  
UNIT 3: **ANGER & STRESS**

### Day 2

9:00- 11:30 UNIT 4: **DANGER SIGNS & TIME OUT**  
UNIT 5: **COMMUNICATION**  
UNIT 6: **EXPECTATIONS**

11:30- 12:30 LUNCH

12:30- 3:00 UNIT 7: **RELATIONSHIP DECISIONS**  
UNIT 8: **YOU IN THE FUTURE**  
Implementation & Contracts Conversations