

Train-the-Trainer

Types of Activities

Trainees expect that training will be stimulating, interesting, and yes, fun. That does not mean that you have to be a comedian (unless you are, of course, and are hosting a stand up comic's training workshop), but it does obligate you to incorporate some activities into your training that helps to engage your learners.

- Keeps the day moving at a stimulating pace
- Fun helps to bring people together and break down barriers
- Laughter leads to an endorphin release, which is healthy
- Improves retention of material by providing hands on application and practice

The Power of Sticky Notes

Sticky notes don't just add color to your presentation; they can also add value as a visual aid. A few ideas for using sticky notes in a presentation:

- Write just one idea per note.
- Write only one or two words per note.
- If you are using sticky notes at the front of a room, make sure you use saturated color markers and write in the same size letters you use on your flip chart or whiteboard.
- Place smaller sticky notes on participant tables so that they can use them to highlight memorable information throughout your workshop or use them as a bookmark.



Using Group Work

In order to make group activities work for you as a trainer, here are some tips:

- Provide the group with clear directions, points to discuss, or case studies to keep their work focused
- Make sure that you have all the needed materials for group work to start on time and be most effective
- Circulate around the room, keeping groups on track and offering assistance or refocusing when needed