

Train the Trainer

OVERVIEW

In order to effectively conduct a training session, the trainer needs to develop a number of skills. These skills will significantly enhance the delivery of the training session and will allow the trainer to be more comfortable and confident during the training session.

Training is not about being the subject matter expert. It's important you know what you're talking about however, it is crucial you know who you're speaking to.

Getting your skill level into the heads and hands of the receiver of your message is your goal.

When a person receives training from you, they should be able to return to their work environment and repeat the behaviours (skills) that you shared with them.

Happy training.....

OBJECTIVES

Upon completion of this half-day workshop, participants will be able to:

1. demonstrate training and facilitation techniques
2. train people using adult learning principles
3. identify four learning styles and adapt to their needs
4. demonstrate the skills used for effective training
5. develop an action plan to increase their personal training skills