

## Train the Trainer

All the workshops we run are interactive and challenge the participants to understand and contextualise the theory and information. We also challenge participants in our group sessions to create a personal action plan of what they are going to do as a result of the workshop, encouraging them to apply the theory.

In order to complete the learning cycle and ensure there is a change in behaviour and performance, we recommend that there is a follow up coaching session to encourage them to implement their action plan and reflect on the impact it has made. This coaching session can be carried out by a trained experienced in-house coach, or, at additional cost, by our coaching team.

There are two alternatives Train the Trainer workshops we offer:

### Train the Trainer Essentials – 1 Day

A workshop aimed at giving participants greater awareness of the skills every trainer needs. It is aimed at new trainers, or trainers with limited experience or development and covers topics like:

- Characteristics and traits of amazing trainers
- Effective Communication
- Structuring a training session
- Using Visual aids and demonstrations
- Presentation techniques
- Training practice and action planning

The skills developed on the Train the trainer Essentials course can be developed on the second day of the 2-day Train the Trainer course at a later date and credits can be put towards any accreditation with us.

### Train the Trainer – 2 Day

Aimed at developing confidence, alongside knowledge, in participants to enable them to speak in public and communicate effectively. The workshop builds on from the first day, which covers the fundamental principles of training (similar topics to the 1-Day course, above), with additional topics, such as:

- Facilitation skills
- Training systems and approaches
- Assessed and peer reviewed sessions
- Personal Coaching and support

Participants gain the ability to put the aspects they have learnt into practice. The workshop also aims to provide participants with a network of peer support, establishing relationships which will continually support their development.



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