



# Ashley Barber

*You must look into other people as well as at them.*  
— Lord Chesterfield

## What others like and admire about me as a trainer

- Is warm and inviting
- Makes the trainee feel at ease when topics may be intimidating
- Is passionate about her work
- Is driven to help others accomplish their goals
- Is open, honest, and loyal
- Uses humor and stories to engage her audience
- Employs a strengths-based approach, always looking for the positive intent within others

## What others need to know to support me

- We need to be honest about how much we know and do not know
- We must stay engaged and involved
- We should feel comfortable enough to share our needs and areas that need support
- Pace, rhythm, and flow are important

## What's important to me

- To be effective and efficient
- To be as clear as possible
- That others feel listened to and respected
- Creating a safe environment for others to share and learn
- Motivating people to dig deeper in order to surprise themselves with their progress and accomplishments
- Relishing the moments of joy and laughter
- Facilitating learning and growth in others

*I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.*

— Maya Angelou