

# Cyndi's One Page Trainer Profile

## *What People Like and Admire about Me as a Trainer*

- Humorous & energetic
- Gives lots of examples to make the material come alive
- Able to explain things in a way that people understand
- Able to make the material relevant
- Has lots of experience to share as a trainer
- Loves teaching
- Knows the material!



## *What is Important to Me as a Trainer*

- Being prepared & organized; getting to the training location early
- Meeting the audience & finding out about their interest
- Audience participation! Love discussions & feedback
- Having a hard copy of my materials/presentation with my own notes
- Cold water to drink
- Cool environment (can't stand to be too hot!!)

## *What You Need to Know and Can Do to Support Me*

Staying on schedule & task is important for me:

- I need all the materials to teach to be in place ahead of time i.e. sign in sheets, chart paper, markers, handouts
- I need to know that there is a agenda in place & people respect both my time & their peers
- Please understand I need time to set up & settle before I start to teach. I need about 15 minutes to just relax & chat with the students before I begin. This means that if I haven't been able to get there early to set up & settle, I'll be stressed & feel rushed
- I love lunch! Please know that while we may take a shorter lunch, I will give people periodic breaks & lunch.
- If I'm teaching at a new location, whenever possible, I like to stop by the day before to see how the room is set up

## **Supports, continued**

- Please give honest feedback on evaluations
- I welcome suggestions on how to improve performance or if something in the material was unclear or not presented to the level that met the expectations. You can't fix something if you don't know it's broke!