

## Mary Katherine's Trainer Profile

What is important TO me  
as a trainer and at work

I need to believe in the  
"product"

Creativity does not happen in a  
"vacuum" for me and I need time  
to process, strategize and play  
with ideas

I need to move around when I  
am working on a project,  
sometimes my best work  
happens on a walk around the  
block or in a casual conversation  
I like to have background music  
or the radio on when I am  
working on a project

I like teamwork, but it has to be  
"real" and everyone has to have  
the opportunity to participate  
I want training to be relevant  
and consistent with adult  
learning principles ie., "Person  
Centered"

I believe that people work best  
in an environment that is  
serious, fun and seriously fun

Good things people have  
said about me as a trainer

My generally positive attitude

I encourage other people

Open minded

A "natural trainer"

Good sense of a humor

Passionate

Creative

Good listener

Well organized (for training  
anyway ☺)

And what is it to work with love?

It is to charge all things you fashion with a  
breath of your own spirit...

**Work is love made visible.**

And if you cannot work with love but only with  
distaste, it is better that you should leave  
your work and sit at the gate of the temple  
and take alms of those who work with joy.

*Kahlil Gibran*

How you can best support me  
as a trainer and at work

Balance constructive criticism  
with positive feedback

Be specific: don't say "good/bad  
job", tell me what was "good/bad"  
about it

Be a team player

Let me know if it is not a good  
time to chat or process

Make your expectations clear

Give me the opportunity to play to  
my strengths

Help me to understand what is  
important To you

Be positive

I need time to prepare for a  
training

It helps to have information  
about the audience before  
training