

Rashel's Profile as a Trainer....

What is great about me.....

1. I am passionate about teaching/the learning process
2. I have some great personal experience in the field
3. I am pretty darn funny and entertaining!
4. I'm an effective trainer

What's important to me as a trainer

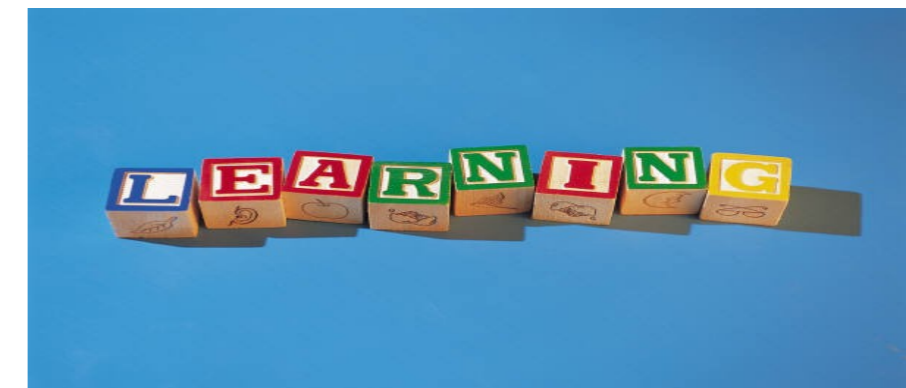
1. That everyone learns something practical to use the next time they interact with someone.
2. That participants walk away with a fresher perspective on the topic.
3. Participants understand that learning does not only occur in the classroom or on paper...open your mind to learn from all interactions.
4. I prefer to use people's (participants) names and use real life examples (while respecting Confidentiality) to make training truly interactive and engaging.

What's important for me to remember as a trainer....

1. The brain can only handle as much as the toosh can tolerate....allow for breaks and movement!
2. Not every participant comes to the training with the same expectations, take time to gather expectations and take as much into account as possible.

How best to Support me during the training process.....

1. Be present, both emotionally and mentally for the training.
2. Always look for ways to apply what is learned in the here and now.
3. Laugh at my jokes, even if they aren't funny, everyone needs some validation!
4. Be honest about what you expect to learn or walk away with.
5. Be mindful of others in the room.



| If I do this during a class | It means.... | You should..... |
|--|--|---|
| I say.."I got a great story for that....." | "Your about to hear a story, it has a point....it may be long...." | " Be patient- I tell stories in a detailed circle....just wait and be patient" |
| Ask" Does anyone have any questions" | I really want to make sure I have been clear | Be honest- ask questions- don't assume you are the only person in room who does not know. |
| Begin to dance..... | I am excited about something that just happened.... | Not be scared, laugh at me, and be excited too! |