

## Sherrie's Trainer Profile



### ~ What's important to me as a trainer ~

- ❖ *Having clear expectations at the very start of our work together*
- ❖ *Assuring that the materials and room set-up are 'just right' and most conducive to learning*
- ❖ *Creating an environment where people are comfortable sharing with each other*
- ❖ *Presenting information in a clear, detailed, and organized way*
- ❖ *Assuring stories and examples are a good match to the group*
- ❖ *Keeping things fun, engaging, and energy-filled*
- ❖ *Sparking vibrant interest and curiosity in people as learners*
- ❖ *Fostering an environment where people help each other learn; supporting people to give helpful feedback*
- ❖ *That participants finish the training feeling informed, skilled, and prepared to give it a go!*

### ~ Things people say they like and admire about me as a trainer ~

*"She knows her stuff"*

**Motivational, passionate, and  
inspiring**

**Very easy to talk to**

**Asks great questions that really  
make me think**

**Engaging, vibrant, and energetic**

*"Patient....bloody BLOODY patient"*

*"Encouraged me to try things I  
didn't think I could...and I did it!"*

### ~ How you can support me as a trainer ~

- ❖ *Honor the group's agreements to make the day go well*
- ❖ *Be open to trying some new ways of thinking. Engage your own curiosity!*
- ❖ *Know that there is A LOT of information covered during the training. Help each other keep to time targets*
- ❖ *Listen to instructions first, and then ask for clarification*
- ❖ *Respect your own wisdom and the wisdom of others in the room*
- ❖ *Help each other. How you are with your learning partners effects both your and their experience*
- ❖ *Share your thoughts. Ask your questions. Let me know what you need from me to do your best learning*
- ❖ *Stretch your thinking a bit. Challenge yourself. Congratulate yourself for doing so 😊*