



Types of Activities

Trainees expect that training will be stimulating, interesting, and yes, fun. That does not mean that you have to be a comedian (unless you are, of course, hosting a stand-up comic's training workshop), but it does obligate you to incorporate some activities into your training that help to engage your learners.

Fun keeps the day moving at a stimulating pace.

Fun helps to bring people together and break down barriers.



Laughter leads to a healthy release of endorphins.

Laughter improves retention of material by providing hands on application and practice.

Using Group Work

In order to make group activities work for you as a trainer, here are some tips:

Provide the group with clear directions, points to discuss, or case studies to keep their work focused.

Make sure that you have all the needed materials for group work to start on time and be most effective.

Circulate around the room, keeping groups on track and offering assistance or refocusing when needed.

Sticky notes don't just add color to your presentation; they can also add value as a visual aid. A few ideas for using sticky notes in a presentation:

Write just one idea per note.

Place smaller sticky notes on participant tables so that they can use them to

The Power of Sticky Notes

If you are using sticky notes at the front of a room, make sure you use saturated color markers and write in the same size letters you use on your flip chart or whiteboard.

Keep the wording of your ideas concise.