

## **WORKSHOP SESSION SUMMARY**

Post Conference Proceedings  
2018 National Trainers' Exchange

**Abstract Title:** How To Become a Confident Trainer

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At the end of this session participants will: Discover hidden reasons why trainers lack self-confidence; Analyze finding discovered from small group discussions; and participate in confidence building exercises.

It is not uncommon to find that most new trainers entering the world of health and safety training may initially lack confidence that they will be able to teach others on how to be safe at work. At times, even the experienced trainers may have some of the same feelings which accompany lack of confidence. This work shop will engage participants in exercises that will build self confidence in new and experienced trainers. The results, a more confident and persuasive trainer, ready to leave their mark in the field of health and safety training.

### **Methods:**

Presenters used an agenda planned together to guide the conversation. Participants worked in small groups to discuss and self-evaluate where they currently are as trainers and then discuss where they think they would like to be as trainers. A reporter for each group was selected by the small groups to report their finding to the classroom. Their findings were collected and charted on an easel and ways were explored to find solutions. The session ended with questions and answers.

### **Main Points/Key Points Raised from Participants:**

The process of inquiry was guided by asking questions such as: Why do you feel you are not a confident trainer? Where did that thought come from? Is it true that you are not a good trainer? How do you know that the thought is true? What does a confident trainer look like?

Participants worked through a **POP** exercise by answering the following questions? **Purpose** – Why is your workshop/training important to you? **Outcomes** – What do you MOST need to accomplish during your slotted time? **Plan** – What steps are you going to take to achieve your purpose/goal?

### **References:**

Loving What Is, Four Questions that can change your life, Byron Katie

Used all or in part process and questions of inquiry to navigate students through the process of inquiry to solutions designed to build confidence. Posted and quoted the Buddhist Sutra – *To realize your true nature, you must wait for the right moment and the right conditions. When the time comes, you are awakened as if from a dream. You understand that what you have found is your own and doesn't come from anywhere outside.*

**Handouts:** None