

Trainer Check List



- Be prepared
- State objectives
- Cover material
- Be interactive
- Review material
 - Provide resources
 - Allow students to process information
 - Check equipment and room before training
 - Know your audience
 - Be flexible
 - Have fun and make it fun for students
- Don't read slides
- Create movement for yourself and your students
- Remember, it's not about you!



**FLEET &
FAMILY
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