

EXPAND YOUR MIND

We all know that facilitators and developers are never allowed to get tired – we are expected to be bright-eyed and bushy-tailed all the time! The problem is that we spend so much time focusing on keeping our learners alert and involved that we forget that we too need to be refreshed.

Here is a quick way to expand and refresh your mind that you can tuck into a lunch hour (when you're able to take one, of course!). Visit one of the following places, and while you browse around, look for creative ways to link the content you're teaching to the items and activities that you see around you.

Some places to visit:

- Stationery shop
- Hardware shop
- Antique shop
- Museum
- Nursery
- Coffee shop
- Book store
- Car dealer

For example:

- You're teaching Coaching Skills and in the Museum you see a display of birds teaching their chick to fly. Ask yourself: what learning point could your learners take away from this example?
- In the hardware store you eavesdrop on a sales assistant patiently showing a customer how to use a tool. How could you use his technique in your course?
- In the restaurant you see diners eating with chopsticks. How would you demonstrate this tricky skill to a colleague? How would you explain how to eat different foods? Could you use a chopsticks activity with your learners?

The point of all of these examples is that you are looking at familiar and unfamiliar objects with a new perspective – and that is a great refresher for us all.

Karen Gray

karen.gray@gray-matters.com

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