

Trainer, Train Thyself

Remember that old phrase “physician heal thyself?” Well, I thought about that recently in relationship to when we are conducting a program. Prior to the event there are things we need to train ourselves to do. I have identified five stupidly simple things that really work and are often neglected.1. Rest-BeforePrior to the event we need to take time to physically and mentally rest. That means adding a specific time to relax on our list of tasks. I am convinced that getting at least seven hours of sleep is critical. The rest makes us less likely to have an impatient response to the stressors we know will occur the next day.2. Eat HealthyHeavy meals just don’t work for me when I am doing a program. You may not be able to tell it by my frame but I really do enjoy fruit and veggies. A protein bar or shake can add to our stamina.3. ExerciseYou may not have the time for a comprehensive workout. But even if it is just a few stretches do something to get the blood flowing to the brain.4. Find a time to PAUSE and BREATHAAll of us know the drills that are constant during a workshop regardless of the length. It is really helpful to find a time in the hectic pace to go to a secluded corner pause and take some deep breaths.5. Rest-AfterThe event is over. All the details for the “after event tasks” must be completed. However, I say take time to celebrate and rest. Now that sounds like an oxymoron but both should be done. Hey, I am still a work in progress. So If you catch me neglecting these steps please remind me. All Rights Reserved, Rosemary Horner, 2005

About the Author

Quick Guide for Trainers and Trainees. Quick Guide for Trainers and Trainees. Contact Elizabeth Goldberg Head, Capacity.

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