



# Train the Trainer – From Design to Delivery Course

## Venue Information

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**Venue:** London UK

**Place:**

**Start Date:** 2026-05-12

**End Date:** 2026-05-16

## Course Details

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**Net Fee:** £4750.00

**Duration:** 1 Week

**Category ID:** HRMC

**Course Code:** HRMC-34

## Syllabus

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### Course Syllabus

#### Objectives

- Identify and develop skills required in successful trainers.
- List various adult learning principles and their implications on the delivery of training.
- Examine training methods and determine the most appropriate for their training workshops.
- Apply training models in the design and delivery of training programs.
- Write specific Instructional Learning Objectives (ILOs).
- Develop blueprints for training sessions.
- Plan and deliver a training session relevant to their areas of expertise.

#### Content

##### Characteristics of Successful Trainers

- Your Listening Skills
- Facilitation Skills
- Dos and Don'ts of Successful Trainers
- Common Facilitation Techniques
- Your Role as a Facilitator
- The Assertive or the Aggressive Trainer?
- Types of Trainers

## **Adult Learning**

- Assumptions and Characteristics of Adult Learners
- What We Know about Adult Learning
- Adult Motivation to Learn
- Senses, Filters and Memory
- Implications for the Trainer and the Learner

## **Training Methods, Activities and Exercises**

- From Brainstorming to Case Studies
- Advantages and Disadvantages of Different Methods
- Guidelines for Choosing a Training Method
- Types of Interactive Activities
- General Guidelines on Developing Activities
- The Element of Creativity
- Examples of Icebreakers, Energizers and Review Activities

## **Developing the Learner's Training Experience**

- The Basic Information Needed to Begin Your Training Project
- What the Research Tells Us on Learning?
- Characteristics of an Effective Training Program
- Importance of Instructional Learning Objectives (ILOs)
- Researching Content

## **Designing Training Programs**

- Basic Principles of Training Model
- Main Elements of Program Design
  - The ROPES Model
- A 5 Step Model for Creating Terrific Training Sessions
- The Creation of a Combined Model
- From ENGAGE Model to Designing the Learner Experience
- Preparing an Outline for a Training Session
- Blueprint for a Training Session

## **Presenting and Delivering Effective Training**

- Developing your Opening
- Tips for a Memorable Ending
- Ways to Get Attention and Maintain Interest: The Main Tabascos
- Coping with Problem Participants
- Delivery and Critique of Training Sessions