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How do I do my best work? By...

- Having expectations ahead of time so I can go in with a game plan in mind.
- Being able to have some creative freedom to accomplish tasks/trainings. I like being able to switch it up and keep it interesting.
- Starting after 9am where I am mentally awake, alert and can focus.
- Having music throughout my day- it keeps me going and upbeat!
- Having others following through with assignments and tasks that are assigned by deadlines.
- Being prepared with minimal surprises.

My skills and strengths as a trainer:

- I am charismatic and have no problem leading.
- I am honest in a real and positive way.
- Making eye contact to hold the attention of the audience.
- Once I am committed to something I will follow through until it is done.
- Applying humor in everything.



What is important to me as a trainer?

- Know as many learning styles as possible.
- Being prepared with and knowledgeable about material.
- Keeping the class lively and energized.
- Sticking to the timelines of the class.
- Be available and open to questions.
- Having less sidebar conversations about non-training subjects and more engagement in the topic at hand.

