



School Nutrition **S.T.A.R.** Program

Strategies ★ **T**rainning ★ **A**ction Plans ★ **R**esources

Workforce Development and Job Skills Training

Responsibilities and Skills for Facilitating Trainings

- Use body language that is open and welcoming for all members of the group.
- Demonstrate the expectation that all participants can learn and actively promote the success of each participant.
- Ask questions to lead the participants through a review of the content presented during the training session.
- Provide a review of the major points presented during the training session, asking questions to allow participants to reinforce their learning.
- Seek to understand the points others make by diplomatically asking why or how questions.
- Provide content examples directly related to the work roles of the participants.
- Use a variety of instructional strategies throughout the training session.
- Include appropriate humor in the training session, and demonstrate a willingness to laugh at self.

Source: Institute of Child Nutrition. (2017). *Foundations for training excellence*. University, MS: Author

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