



My Health – My Decision: Tips for Trainers

- Always have help; at least 2 trainers and 1 support person
- Know your class: everyone must be 18 or older and be their own legal guardian
- Introduce yourself; share if you're nervous so the class can support you
- Don't forget the "icebreaker": use name tags, thick markers, and lots of stickers
- Explain the purpose of the workbook (information to keep and share with trusted people);
 - let them know you are following a different script, so the words won't be exactly the same
- Tell people where the bathroom is, and if there will be a break or not
- For exercises, remember "Vanna White" – stand to the side of what you are showing people so they can see
- Make sure someone is helping people to turn pages if needed
- Speak loudly; ask if people can hear you
- Stop and look at the class sometimes; ask if you are going to fast
- Use facial expressions and hand movements to emphasize important points
- SMILE; it's okay to joke and laugh sometimes too
- "Stop & Talk" means: explain what you just read; ask some questions of class members (point to people if you don't know names)
- PRACTICE with friends, family, staff, in front of a mirror
 - Try explaining each section in your own words
- Complete "5 Wishes" before you do the training so you can talk about what it was like for you
- Ask for help when you need it; everyone needs help sometimes!