**TRAINING OF TRAINERS**

**Session Title: 1.1 Different ways of starting courses, introductions**

**Length of Session – 45 mins**

1. **Objectives**

**By the end of the session participants will be able to:**

Identify different ways of starting courses and undertaking introductions that helps participants to get to know each other, feel relaxed and sets the appropriate tone for the whole course.

1. **Methodologies used**

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| **Mins** | **Activity/What to do** |
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| 20  10  15 | Ask the participants for feedback on the introduction exercise just carried out at the start of  the course. What was good? What could be improved?  Ask participants to share their ideas on other methodologies that could be used –  Ones that they have used themselves or seen others used. Discuss the merits of  Each one.  The trainer should share any other methods that they are aware of themselves with  The group.  Ask the participants to work in pairs to produce a checklist of all of the things that  Should be included in the introduction session  Ask pairs to share their ideas and make sure the following are included  Introduction of the trainer  Introduction of the participants  Objectives of the course  Practicalities such as lunch, health and safety etc.  Agreed ways of working/ground roles  Trainees hopes and concerns about the course   1. **Resources needed**   None   1. **Handouts**   In the workbook for the course |