



Unboxing the Facilitator in you

Using the concept of the Box to understand your existing facilitator image/style so you can then "re-box" yourself as a facilitator/trainer.

We all have a box on our head.

The box on our head impacts what we can see and hear. It impacts how we understand others and how others interact with us. It bounds our thinking and limits our choices. The box on our head is not a real box, but rather, an invisible box that represents the boundaries of our thinking.

Now think about the puzzling situations in your role as a trainer/facilitator. There is an invisible boundary to your thinking which limits your possible responses. It will be easier for you to find a solution if you know that the invisible box is there, and understand how to go outside of the box and back into it to find a solution.

Once you've used the concept of the Box to understand your existing facilitator image/style, you can then work towards creating a different box for yourself- one that will not limit your thinking and make you more aware of your biases and self-imposed challenges.

Our work in this area is centred around helping you recognize your natural facilitator presence when delivering trainings/lessons and discover what you can do to create an even more powerful impact in the room. To help you create the "right" box for you, we introduce two key concepts – Prominence and Gravitas. Prominence is defined as how much or how little you're noticed, and gravitas is about how much or how little weight, power and authority you speak or act with. Prominence and Gravitas (P&G) therefore form the two "dials" which everyone already has within them. The key is to dial up and down P&G in the right combination for the right situation.



Program objectives:

- Discover what your current box looks and feels like
- Reflect on what your "ideal" box would look like
- Determine the right combination of Prominence and Gravitas for different situations in your role as a trainer/facilitator

Who should attend?

Trainers and facilitators, subject matter experts who train and training consultants.



Recommended Duration: This is a learning journey consisting of 3 sessions. Each session is 2.5 hours long and are typically spread across 2-3 weeks



Recommended Batch Size: 6-20 participants



Cost for in-house program: USD 3000

If you are interested in attending one of our public workouts, do contact errol@thelearninggym.co