

TRAINING FROM THE BACK OF THE ROOM

In-Person TBR Practitioner Class

Experience brain-based facilitation at its best.

Common Facilitation Challenges

- ✗ Learner engagement is low or inconsistent
- ✗ Training feels too theoretical and not applicable
- ✗ Sessions rely on the same old techniques
- ✗ Too much content, too little time

How TBR Helps

- ✓ Interactive strategies get learners moving, talking, and thinking together
- ✓ Real-world practice through hands-on application and reflection
- ✓ A fresh toolbox of engaging strategies rooted in brain science
- ✓ The 4Cs framework helps design for clarity and focus

Participants will leave with

- 📖 A completed session plan built using the 4Cs Framework for a session they teach
- 💡 Knowledge of how to facilitate a collection of flexible, content-independent, brain-based tools they can use immediately
- 👏 Confidence from practicing the 6 Learning Principles and 4Cs Framework with their own content

Who Would Benefit

- Trainers, facilitators, educators, coaches, consultants
- No prior experience needed just curiosity and a willingness to try something new.

Format

🕒 2 Days 👤 In-Person ✍️ Interactive

The 4Cs Framework

A simple, effective way to organize content that supports engagement, application, and long-term retention.



Connections

Connect learners to the topic and to each other



Concepts

Interactive content delivery



Concrete Practice

Learner application of the concepts



Conclusions

Reflect, summarize, and plan

The 6 Learning Principles

Based on how the brain learns best, these principles make learning more engaging, memorable, and effective.

- **Images** Boost memory and meaning
- **Writing** Reinforces learning through reflection
- **Movement** Improves energy, memory and focus
- **Different** Captures attention and curiosity
- **Shorter** Prevents cognitive overload and fatigue
- **Talking** Fosters social learning and deeper understanding

Sign up here



Reach out for more info:

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Testimonials



Great retro session yesterday. One aspect that stood out **was the way the session was structured**, encouraging people to think and **provide feedback in short bursts**. This approach made it **easier to share ideas and increase engagement**

Received following facilitation of a cross team retrospective using the 4 C's map to structure the workshop, ensuring each section was kept to around 10 minutes to keep engagement levels high

I attended the TBR Course and Rachelle's mastery of commanding the room, then getting **the room to command itself were extraordinary**. If training or learning something yourself, **attend this course to learn effective ways of embedding the knowledge** you need to learn. If giving a talk or lecture, I will stand by my hyperbole of saying **these learning experiences will be at least 10 X more effective and engaging than the traditional "Draining from the Front of the room"**.



Testimonial received from an attendee on the 'Training from the BACK of the room' course

Transformative, interactive, **engaging and informative with a truly safe space**. High energy throughout the two days.

Received from the attendees following their 'Training from the back of the room' course

Thank you Rachelle for your time, I appreciated the opportunity to come back and sanity check my assumptions and ideas as I **take the learnings from the course into practice with the 4 C's maps** ready for a workshop.

From a follow up session after the training course, to help the participant work through their 4 C's map to deliver a workshop

I sincerely appreciate the effort you put into creating such an **engaging and valuable workshop**. I thoroughly enjoyed the opportunity to collaborate with the team and appreciated the chance to interact with colleagues I don't typically work with. I also **appreciated the active nature of the session, as it was refreshing to be on my feet and moving around**. Most importantly, gaining insight into the shared challenges we all face has helped me feel more connected and less isolated.



An attendee of a workshop delivered using TBR tools and techniques including the 4 C's map to structure the workshop

Training from the BACK of the room for workshop facilitation

Case studies from workshop facilitation using TBR

Cross Team Retrospective Workshop



The session started with a sea of laptops open on the desks – it was important to set the expectations at the start that the session would be **fully interactive** and started with a **quick start** exercise to get the group connecting to the topic from the start

A **Pair-share** is a powerful “connections” exercise to connect to the content and to each other. The group are discussing their planned “top takeaway” they captured during the quick start exercise
This incorporated **movement** along with the connections exercise to explore the groups hobbies

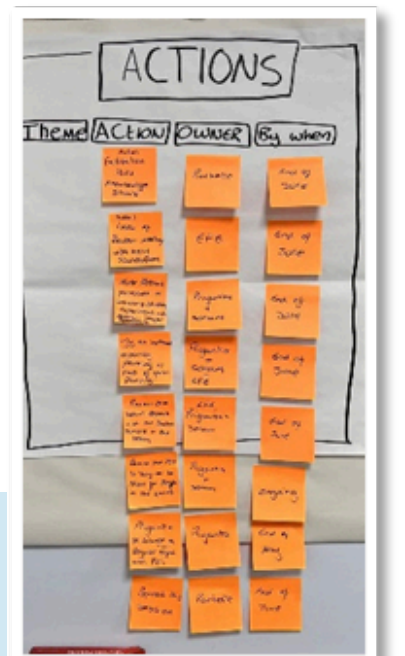


It's important for people to own their actions with a **playback to the group**, instead of the facilitator presenting, which makes the **actions learner led**



It was clear from the **ticket out exercise** and the feedback that the group wanted more opportunities like this to come together as a group, in person to continue the strong collaborations

The role of the Scrum Master Workshop



Another example of a connections exercise that got people standing, **bringing oxygen to the brain** and connecting the group to each other

The workshops have visual posters on the wall using **Images** for attendees to raise points using post it notes – images is one of the **6 brain principles** to help attendees remember content