

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"**.



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

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

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

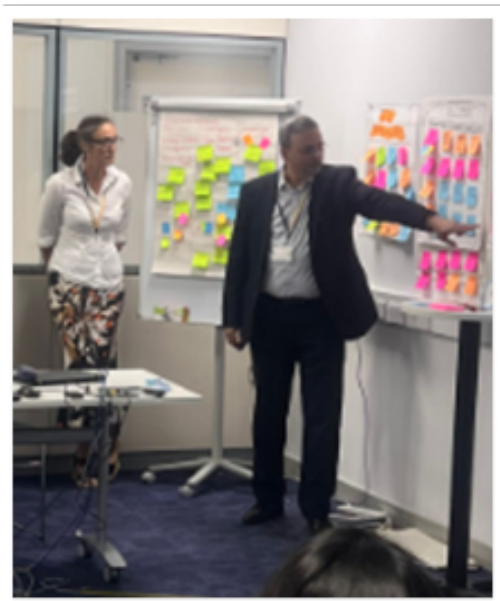
Case studies from workshop facilitation using TBR

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**

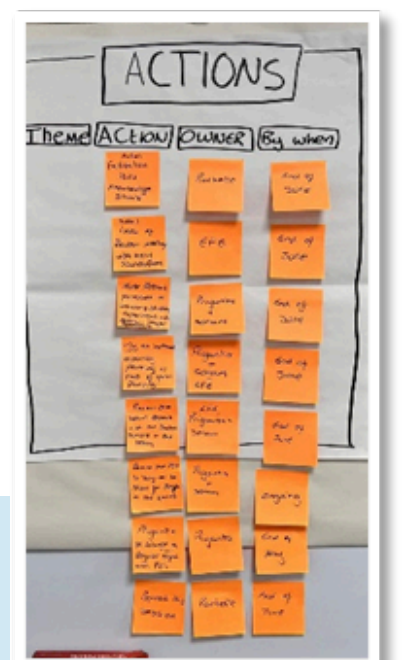


It was clear from the **ticket out exercise** and the feedback that the group wanted more opportunities like this to come together as a group, in person to continue the strong collaborations

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