

# Facilitate for Impact

## Module 1 Transcript

Hey there and welcome, seriously, thank you for joining me. I'm Mindy and I'm the facilitator for this course. This is Facilitate for Impact where we're turning learning moments into lasting change and you've already taken a big leap towards making learning stick just by being here.

So together we're going to dive into some solid theories and strategies to help you create learning experiences that don't vanish into thin air after the session's over because let's face it adult learners deserve better than check the box training. Now a lot of training has become a bit vintage. Many facilitators are still training the same way they did years ago and it's not working anymore.

I mean whether you're wrangling live sessions, navigating the virtual jungle, doing one-on-ones, leading a conference, maybe you're an LMD professional or volunteer facilitator, if your training feels the same way it did a year ago or feels more like a smooth fest than a light bulb moment, it's time for a shake up. Now this is your course, you are the captain here. Pick your modules, choose your adventures.

I would nudge you towards the whole shebang but it's your call. Tackle the modules in whatever order you prefer. Skip the ones that you think you don't need.

There are no rules. This is a learning buffet. You decide what you want to load onto your plate.

But remember, serious buffet or sample a little bit of everything. Now heads up, we are going to challenge some of those tried and true methods, some of those old approaches and not everything that we talk about is going to fit neatly into your world, your current gig, the way it is right now. But trust me, just soaking up all of it can spark some great ideas down the line.

Now as we work through some pretty powerful approaches, you're going to need to figure out what fits you the best. Whether you're facilitating a session for a thousand people or sitting down one-on-one, being you matters. Authenticity is what builds credibility and trust.

So take what we talk about here and make it your own. Adapt it to your personality and your style. Otherwise it's going to feel a little bit off and that's not really helping anyway.

Now grab that workbook, whichever version you want. It will be your trusty sidekick through this whole journey and maybe even beyond because each module has some learner prompts that tie right back to that authenticity that we just talked about, but it also is meant to help you keep growing long after the video's end. So they're optional, but I really hope you use them.

Think of them as little quick reflection breaks that make everything kind of stick just a little bit more. And please, please, for the sake of retention, take notes. I get it.

I know. I've said it a thousand times. I'll remember.

I don't need to write that down, but here's the thing. Writing stuff down, especially by hand, is like giving your brain a workout. It forces you to process the information, not just passively absorb it.

And I'm going to challenge you to ditch the keyboard for this one. Handwritten notes are like memory superchargers. When you type, well, that's really just transcribing.

And it's a little bit of a mental nap, really, because most of us can do it without really thinking about it. We don't really think about what we're typing. We're just typing back, repeating to the computer, to the keyboard, what we heard.

And that's not making it process. That's not making it stick. Studies show that even unreviewed notes, handwritten notes, beat no notes at all.

So if you're a seasoned note taker, I'm also going to challenge you to mix it up. Ditch your usual bullet points and try a doodle instead, or a chart, or write an example of what the word means instead of just a definition. If you typically write in a linear fashion, try writing in block form.

Just something different. Try something different. It will make a difference in how easily things process and how they stick, how information settles in your mind.

And it also helps generate new ideas much more easily on how to use that new knowledge that you're gaining. It's kind of a creative brain teaser, and you will be surprised how much more information sticks and how many new ideas pop up. Now, if you haven't already, it's time to set your learning goals for this course.

Why are you taking it? What do you want to do with what you learn? How will you make this knowledge matter? Learner prompt number one in the workbook will help you with this. And these modules are bite-sized on purpose. They're small.

No marathon videos here. Let your brain chew on each piece of information, each module, before moving on to the next one. And those self-work prompts, these learner prompts, seriously, please do them.

They're like little mental workouts that will help you really lock in the knowledge. It can be a real challenge for those of us who are typically at the front of the room to be the learner, and I understand that 100%. So do your best to keep an open mind, because when we let closed-minded thoughts like, I already know this, or I've been teaching forever, I don't need this new information, all of those thoughts can thwart our own growth.

And as educators, we simply have to be perpetual learners. So again, welcome. I'm genuinely thrilled you've chosen me to help you level up your facilitation game.

It is an honor to be here with you. And when you're ready to ditch that old playbook and embrace the new, let's dive in.