

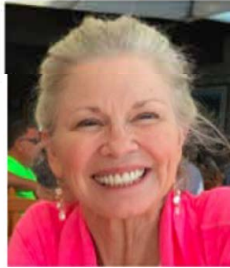
## Trudy's One Page Trainer Description

### What Is Important To Me As A Trainer

- Being prepared and organized the night before the training
- Having an impact on the participants
- Making a difference in the lives of those using services
- That individuals who benefit have access to a community life
- To have the supports needed to be successful
- Attending the Gatherings
- Insight from other trainers
- Feedback from those attending to help me further develop my skills
- Saying my positive mantra prior to the training

### What I Bring as a PCT Trainer:

- Passion
- Belief in PCT and the positive outcomes for people's lives
- Experience of parenting a 31 year old person using lifetime supports
- Experience as a vendorized agency
- Experience working with families



### How Others Describe Me As A Trainer

Organized  
Funny  
Positive Energy  
Well-Informed  
Effective  
Creative  
Knowledgeable  
Attentive to Participants  
Experienced  
Understandable  
Clear  
Easy to Follow  
Resourceful  
Respectful

### What Best Supports Looks Like For Me as a Trainer

- 8 hours sleep the night before
- Protein in the morning of the training and COFFEE!
- Pitcher of water available to me during training
- Having all training materials ready a week before the training
- Help in room set up, tables and chairs – others perspectives of the room layout
- Whenever possible, room being set up the night before the training
- Quiet time right before the training to get ready to be “on”
- Having assistance with drinks, snacks and lunch for participants
- Feedback from attendees so that I may determine needed changes and reinforce what is working well