**Lesley's one page description as a PCT Trainer**

 **What is Important to me**

**at work and as a Trainer:**

* Being given the opportunity to try new things, develop professionally
* Honest feedback given in a respectful way that raises my awareness, promotes growth and learning
* Give me room to explore ideas within parameters of agency need
* Provide me opportunity to learn from others
* Tell you “just need the tree!” or be upfront about scope of discussion, meeting, etc – “rein me in!” if needed
* Kindly let me know if my exuberance is exhausting you
* Give me opportunities to share and promote the development of others

**Challenges:**

* Tend to give too much detail, explanation
* Can get off on a tangent easily
* My energy is sometimes distracting, and “tiresome”
* How did I run out of time again?



What others say they like and appreciate about my style:

* Creative, innovative - seeks and finds new ways to present material

* High energy level, enthusiastic
* Focused on creating a positive experience for audience
* Uses graphics, visuals, props, activities to enhance presentation
* Engaging, warm, entertaining
* Not afraid to take on tough questions or dynamics

**How others can best support, encourage and assist me:**

* Assist with technology – it is not my strong point!

* Be willing to let me try new approaches
* Be available for check in during trainings – for feedback, to help stay on track and timeframe, to adjust “the plan” as needed
* Assist with room set up, creation of materials, ordering supplies
* Provide honest, constructive feedback so I can improve

**Strategies That Work For Me:**

* Prepare visuals and graphics ahead of time
* Take notes during and reflect immediately after so I do not forget ideas that came up for activities, adjustments, etc
* Practice parts of presentation that I tend to go overtime on, or stumble over
* Know my audience prior so can prepare meaningful examples, activities
* Customize examples and activities to our work

Lesley Blecharczyk, 2022