

Sandra Donohue - One Page Description as a Trainer

What people admire about me as a Trainer

- Knowledgeable
- Easy to Understand
- Engaging
- Humorous



My Interests
that others may like too:

Time with Family
Motorcycling
Off-Road Trail Riding
Camping

How can you best support me:

- Ask questions if you don't understand
- Listen and think how the information can be used in your own life
- Be present in the moment
- Hold me accountable if I say something that you don't believe – we can fact check it together

What is Important to me as a trainer:

- You walk away glad you came
- You learned a new approach to support the persons you serve
- You want to learn more
- You look at people through a different lense than when you came

