



The Ten-Minute Trainer: 150 Ways to Teach it Quick and Make it Stick!

Sharon L. Bowman

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Discover more than one hundred of Sharon Bowman's training-room-proven exercises and activities -- many derived from the high-impact strategies of NLP and Accelerated Learning -- and reduce delivery time, increase retention and improve knowledge and skill transfer. These back-pocket activities are easy, quick, topic-related, and fun, and you can draw on with a minimum of preparation.

The Ten-Minute Trainer features a variety of exercises, ranging from one to ten minutes in length, and provides content-specific exercises as well as activities for transitioning between topics and gauging understanding. You'll find a useful answer section that explains the brain research behind the book and a special section on learning styles that ties in with the philosophy of "learn it fast and make it last."

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