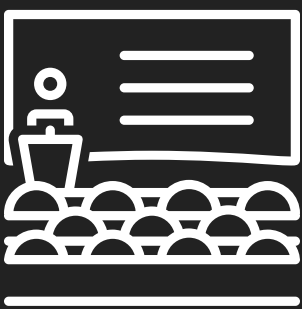


THREE GUIDELINES FOR TRAINER LIFE

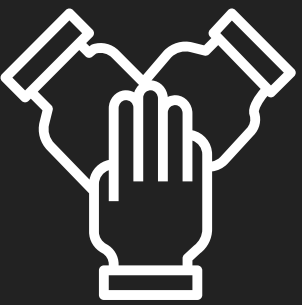
# THE PRIORITIES OF A TRAINER

## THE CLASS



The class will always be our first priority. Each action we take, intentional or not, should be in line with the expected learning outcome and focused on the success of our learners. At the end of the day, the learners are what is most important.

## THE TEAM



The team we are on is our primary support mechanism. When we need a resource they can quickly remedy a situation or issue, leaving us to focus on our learners.

Count on them, as they would count on us.

## THE TRAINER



As the trainer, we are a priority. Self-care is just as important as caring for our team and our learners. Be sure to eat well, sleep well, and to take time for ourselves.

Don't forget, we get a break too.

Want to know more?

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