

Train Your Trainer

About the Course

A highly interactive workshop for building confidence in delivering training and facilitating workshops of all types. The workshops will provide delegates with the understanding, knowledge, skills, and training tools for delivering and facilitating highly effective learning events. The course is delivered by an industry expert who is aware of the impact of working on a high hazard site. Trainers will be assessed through observation when they first deliver in the workplace.

Who is it for?

Designed for anyone who needs upskilling on best practice relating to how to deliver corporate content, including leaders, managers, supervisors and trainers.

How is it delivered?

The workshop is delivered by a range of tutor examples, coupled with breakout group activity and feedback sessions.

The principle content is delivered on Day 1. Prior to the workshop, participants will be asked to prepare the outline of a 20 min presentation on a topic of their choice.

After the Day 1 activity participants will have overnight and some time at the start of Day 2 to incorporate and apply their learning from Day 1. The tutor will be available during this time for any further advice and support.

After the preparation period, each participant will deliver their presentation, as a workshop/training session, and receive constructive feedback from the other participants and the tutor.



The course provided me with a further in-depth overall knowledge of safety and will allow me to deliver back on site to suit it to our needs.

Anthony Pearce,
Chemical Shift Supervisor,
Dow Corning



I found the shared experiences between the trainer and the group to apply the learning really useful and we hope to see benefits in the application of training back into the business

Ben Gibson,
Health and Safety Advisor,
Urenco Chemplants

What will I learn?

- The training cycle and how we learn
- The difference between teaching, training and facilitation
- What barriers there are which can get in the way of people learning
- The role of body language, voice modulation and eye contact
- The three golden rules of training delivery
- The schools of learning psychology (Cognitive, Behavioural, Experiential)
- How our learning design needs to capture these different learning styles
- Communication - asking questions and active listening
- The principles of accelerated learning and how to build this into your training design
- Nerves and how to overcome them

How much does it cost?

Open course

£1200 + VAT per delegate

In-house course

1-2 delegates	£3200 + VAT
3-4 delegates	£3800 + VAT
5-6 delegates	£4400 + VAT
7-8 delegates	£5000 + VAT

Virtual delivery

1-2 delegates	£3000 + VAT
3-4 delegates	£3600 + VAT
5-6 delegates	£4125 + VAT
7-8 delegates	£5700+ VAT

Who are Cogent Skills?

Cogent Skills has been helping companies in high-hazard industries to keep themselves and their employees safe for over 20 years. As a member of the UK Process Safety Management Competence Programme Board (PSMCPB) Cogent works alongside leading stakeholders, including regulators to design and promote the importance of safety leadership training across industry.

How to book or for more information:
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