

Trainers

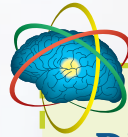
WAREHOUSE

2024, vol. 207

ENERGIZE LEARNING!



**GET ACTIVE.
BUILD COMMUNITY.
HAVE FUN!**



**don't miss our
BRAIN TIPS!**

*Thumballs
pp 2-6*

**NEW &
EXCLUSIVES**

**100s OF
EXCLUSIVE PRODUCTS!**

trainerswarehouse.com
800.299.3770 • Order TODAY!

build ENGAGEMENT

EXCLUSIVES

Silver Series Thumballs™

Catch the ball and discuss the prompt under your thumb!



Spark interesting conversations

Forming connections is critical to creating a warm, welcoming, learning-friendly environment. Our unique Silver Series Thumballs help participants break down barriers, introduce content and explore learning goals. Toss the soft, 6" stuffed vinyl balls and get to know colleagues a little better.

- A. Getting to Know You:** Probing prompts that get to your phobias, wishes and favorite moments #BLTHAG6
- B. Session Openers:** Questions about goals, motivations and aspirations #BLTHAS6
- C. Which are You and Why?:** Discuss where you fall on a variety of fun spectrums #BLTHAW6
- D. Shaped by Our Past:** Share past experiences and understand what makes your group tick #BLTHAP6
- E. Favorites:** Share all your favorites – pastimes, places, preferences, and more #BLTHAV6
- F. Common Ground:** Identify experiences and interests you share with others #BLTHAE6
- H. What Makes You You:** Discover fascinating facts about one another #BLTHAM6

Silver Series Thumballs \$31.95 each

- G. Icebreaker:** Break the ice and start conversations the easy way #BLTHBK6 \$19.99

The more the merrier!

Arm yourself with a set of Thumballs, so you're ready for any gathering. Each 6-ball set comes in a free convenient tote.

- I. Getting Acquainted Set:** Build community, identify goals, and explore common interests and experiences.
- J. Team Development Set:** Dive into conversations about diversity, stress, happiness, ethics, leadership, and team dynamics.
- K. Emotional Intelligence Set:** Learn about others, build trust, develop resilience, and improve EQ (available online).

Wellness Set: Reduce stress, manage change, promote happiness, develop resilience, and get moving (available online).

Thumball Sets

#BLTHAAG	Getting Acquainted	\$191.70
#BLTHAAT	Team Development	\$191.70
#BLTHAAE	Emotional Intelligence	\$191.70
#BLTHAAW	Wellness	\$191.70



"Lightens the room"

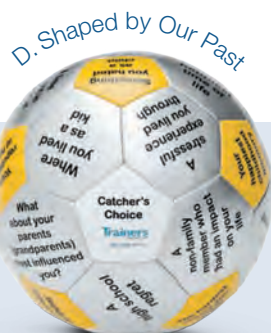
It's a great tool for getting people to talk about themselves. And, it lightens the room tensions.

~J2theN

A. Getting to Know You



EXCLUSIVES



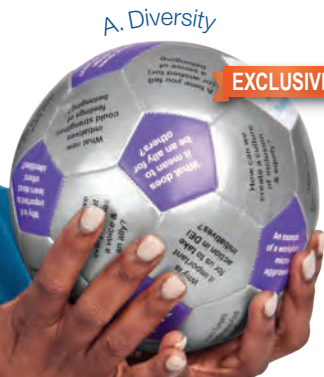
start rich CONVERSATIONS

Let's talk D.E.I.

Tackle the topic of diversity with smarts and sensitivity. The 32 discussion prompts on each ball will open conversation and foster mutual understanding. The **Diversity Thumbball** addresses the factors and experiences that shape our understanding of differences in ethnicity, age, religion, and more. With the **D.E.I. Thumbball**, gain personal and organizational insight. Explore us vs. them thinking, privilege and power, and community initiatives.

Diversity & DEI Thumballs

A. #BLTHAD6 Diversity Thumbball	\$31.95
B. #BLTHAI6 D.E.I. Thumbball	\$31.95
#BLTHAAD Diversity & D.E.I. Thumballs	\$63.90



BUILD COMMUNITY

Celebrate the diversity of your group

Ask each participant to illustrate an aspect of themselves, something they'd like to learn, a goal, a favorite activity, you-name-it. Invite them to share the creation, then assemble the pieces into a colorful mosaic representing the group's diversity.

Community Mural

C. #GACJPG Community Puzzle (48 pieces)	\$17.95
D. #GACJPM Community Mosaic (43 pieces)	\$16.95



Learn the vocabulary of implicit bias

You've heard the term, implicit bias. Use the card deck to learn more about what it is with simple definitions and examples.

52 Essentials for Implicit Bias
E. #RDEIMB \$24.99



TRAINER'S TIP!

When digging into deeper topics, set yourself up for success:

- Start with easier conversation prompts first
- Begin in small, safe-feeling groups
- Develop a common vocabulary and understanding of bias

Silver Series Thumballs™

Respond to the prompt under your thumb.
 Get active. Build community. Have fun!

EXCLUSIVES

Make important discussions fun

Developed in conjunction with subject matter experts, the 32 prompts on each of these soft, 6" vinyl Thumballs will help draw out participants' experiences and encourage forward thinking. Each ball includes facilitation tips.

F. Safety Toolbox Talks: Chat about topics of workplace safety **#BLTHAF6**

G. Be a Leader: Explore leadership qualities and experiences **#BLTHAG6**

H. Developing Resilience: Foster patience, acceptance, kindness & forgiveness **#BLTHAH6**

I. Get Happy at Work: Emphasize the positive – goals, achievements, hopes, and dreams **#BLTHAI6**

J. Team Dynamics: See what enhances or undermines team success **#BLTHAJ6**

K. Stress Management: Discover causes of stress and ways to manage it **#BLTHAK6**

L. Change Management: Discuss topics to help you move onward and upward **#BLTHAL6**

M. Emotional Intelligence: Build self-awareness, empathy, motivation and social skills **#BLTHAM6**

N. Building Trust: Build bridges and explore issues of interpersonal trust **#BLTHAN6**

Silver Series Thumballs **\$31.95 each**



CONVERSATION DECKS on pages 8-9!

AMAZING FACILITATION

start to finish

A. Session Openers



EXCLUSIVE

B. Session Debriefs



NEW & EXCLUSIVE

C. Session Closers



NEW & EXCLUSIVE

D



NEW & EXCLUSIVE

E. Get Movin'



EXCLUSIVE

F. Create-Your-Own



EXCLUSIVE



"Session Opener Thumball"

We are using the Thumball in our leadership development classes. After the first class, we give each new leader a ball of their own, to take back and use in their safety and staff meetings.

~Miss A

Session Trio

Make learning playful at the start, middle, and end of your learning days:

- A. **Session Openers** – set goals, build relationships, and clean the slate #BLTHAS6
- B. **Session Debriefs** – tease out lessons from group learning experiences #BLTHASD
- C. **Session Closers** – increase retention with end-of-day reinforcement #BLTHASC

Session Thumballs Trio

- D. #BLTHAAS All three, plus bag \$95.85
- Sold separately \$31.95 each

MORE THUMBALLS
on pages 2-5!

TRAINER'S TIP!



Take an energy break

Keep your group's blood flowing and ensure their brains remain ready for learning by carving your session into 20-minute chunks. Break it up with quick energy breaks and stay focused all day.

Get Movin' Thumball
E. #BLTHAY6 \$31.95

Reinforce learning

You know best what concepts and questions need reinforcement. Tailor a Thumball to meet your specific goals. Fill in the blank panels with your own provocative prompts. Includes a permanent marker.

Create-Your-Own Thumball
F. #BLTHAC6 \$31.95



Enrich casual conversations

Not looking for a big game, but still want great discussion starters to stimulate conversation and build relationships? Unzip the playful pocket (6" x 8") and pull out a prompt. The 36-card decks (3½" x 2½") include the same great prompts that populate the Silver Series Thumballs™ (pp 2-5), as well as a few customizable blank cards too.

- | | |
|------------------------------|-----------------------------|
| G. UNZIP-it! Pocket and Deck | \$29.95 each |
| Professional Development | Get Better Acquainted |
| #BLZPAD Diversity | #BLZPAE Common Ground |
| #BLZPAN Be a Leader | #BLZPAG Getting to Know You |
| #BLZPAQ Workplace Ethics | #BLZPAS Session Openers |
| #BLZPAT Team Dynamics | #BLZPAP Shaped by Our Past |
| #BLZPAK Stress Management | #BLZPAB Building Bridges |

More online!

1000s of conversation prompts

Customize the Trainers Exchange to the needs of your group — in person or online. Choose from discussion prompts, famous quotations, games, memory boosters, energizers, closers, and more! This online, on-demand program lets you:

- Select all the prompts from a theme or just a handful of prompts
- Choose from 30+ themes
- Shuffle up to 6 themes
- Favorite your most-liked themes

Trainers Exchange Annual Subscription
#TRXCHG \$399.95/yr



EXCLUSIVES

See Tip on page 9!



EXCLUSIVE

GET DECKED OUT

EQ & Leadership

Develop strong leadership skills with decks that explore EQ, coaching, and organizational challenges. Plus, practice having difficult conversations.

- A. #GAMEEQ Emotional Intelligence Game \$99.99
- B. #RDRMEI Developing Emotional Intelligence \$47.00
- C. #RDLMK Leadership Metaphor Explorer \$175.00
- D. #RDSFT Shift This Deck \$79.99
- E. #RDELV Everyday Leadership \$18.99
- F. #RDEEQ 52 Essentials for EQ \$24.99
- G. #RDERES 52 Essentials for Building Resilience \$24.99
- #RDFTWC Feedback that Works (not shown) \$56.00



A



B



E



C



D



F



G



H



NEW & EXCLUSIVE

LEGO® Team Building Decks

Try a LEGO® Activity to break the ice, build communication skills, or develop strong teams. Each activity (described on a single 4x6 card) includes easy instructions for set-up and debriefing. With the Brick Master Story Game, players select 3 People cards and 3 Place cards, then build a structure and story around them. Afterwards, discuss how well the team worked together and communicated.

- H. #RDLEGBM Brick Master Story Game (3 teams per deck) \$34.95
- I. #RDLEGTA Lego Activities for Training (21 games) \$64.95

Develop rapport

Find the perfect question to develop relationships and jump into meaningful conversations. The We Connect 60-card deck features 20 fun and light questions, 20 self-reflection questions and 20 deeper questions sure to spark conversation and build trust. 3" x 3". The Toolkit includes We Connect cards, We Engage cards, a Pocket Guide, and Ask Powerful Questions book.

We Connect

- J. #RDWECT Toolkit \$149.95
- K. #RDWECC Deck Only \$29.95



K



J

Fabulous Facilitation

Form teams, debrief learning experiences, draw out learning metaphors and tons more. Each facilitation deck will equip you with tools to manage your group professionally and playfully.

- L. #RDUBUN Ubuntu Card Deck \$37.00
- M. #RDULCD ULead Cards \$20.00
- N. #RDTWTP TeamWork & TeamPlay \$30.00
- O. #RDCLM Climer Cards \$29.95
- P. #RDREXC Express Pack \$48.00
- Q. #RDFAC Facilitator Cards \$74.99



O



N



P



Q



L



M

TRAINER'S TIP!

Have each player pick a card, find a partner & share their answers. Then players swap cards and find a new partner. And so on...

Nora Gerber

BRAIN TIPS page 44



Me First! GAMESHOW BUZZERS

“The Me First! wired buzzers worked flawlessly, right out of the box. I loved it.”

Wayne Garn

100%
satisfaction
guarantee



“So easy to use!”

At our district-wide Battle of the Books event, finding a fair way to run the trivia contest between three schools has been a challenge. The Me First Buzzers have totally solved our issue! I highly recommend these buzzers.

Tisaac in Troy MI

WATCH THE
VIDEO ONLINE



Buzzers set up in
under a minute!



Each pad is
3" in diameter



EXCLUSIVE

Let smart electronics determine who goes first

With Me First! all players have the opportunity to ring in and answer your toughest questions. The versatile facilitator remote lets you block out students who have already responded or reset the system so that everyone can answer. 3 AAA batteries included in each pad.

- Easy set-up – it's up and running in minutes
- End arguments – simply see who answers first
- Identify the “winner” with the most correct answers
- Accommodate up to 36 users
- 80-foot wireless range

Me First! v.3 Wireless 12-player Set
#GAMFBB 12-player set, with facilitator pad \$411.95

Additional Pads
#GAMFBP Player pad \$39.95
#GAMFBF Facilitator pad \$99.95

PLEASE NOTE: Player Pads will not operate without a Facilitator Pad. v3 and v2 P.A.D.s do not integrate.

Easily facilitate game shows

- Reset all players
- Block previous responders
- Indicate Right/Wrong answers
- Press “continue” to block previous responders

Buzzers for small groups

Don't worry about competitive groups claiming that their buzzer sounded first. The Me First! Four-Player Set removes all the guesswork and determines unequivocally who buzzed in fastest – the one that did shows up green. It's that simple! Plus, the facilitator remote includes sound effects for the right and wrong answer.

Me First! v.3 Wireless 4-player Set
#GAMFB4 4-player set, with facilitator pad \$220.95

PLEASE NOTE: v3 and v2 P.A.D.s do not integrate



EXCLUSIVE

maximize FRIENDLY COMPETITION!



“Beyond Grateful”

I am beyond grateful for Who's First?® v3 Wireless Game Buzzer System w/ Light Tower system. The investment is well worth the hours upon hours of fun, learning, and self-discovery for both the students and the trainer! Easy to use! And it does exactly what it says. Just an awesome treasure added to my teaching repertoire.

~ Dr. Sandra Maria Anderson-Spencer, Ed.D

Focus on your content, not game logistics!

Reap the benefits of competitive play as teams race to be first to answer your questions. Our Who's First?® Wireless Game Buzzer is an easy-to-use, stand-alone system that adds excitement and camaraderie to any fast-action Q&A game by quickly registering who “buzzed in” first – and second.

- Take the guesswork out of determining who answers first and second
- USB interface to work with select game show software (p 15)
- Plug it in and it's ready to play; no software needed
- Random team selection
- Accommodate 6 teams or individuals
- Optional buzzer sound
- 80-foot wireless range
- Measures 19" H and weighs 3 lbs.

Who's First? Wireless Buzzer
#WHOR8W Wireless Buzzer System **\$369.95**

Includes: 6 team buzzers, reset pad, AC adapter for Light Tower, USB cable for software integrations, AAA batteries, and backpack.

“This was the first time I [shopped at Trainers Warehouse] but they can expect to see me again and again.”

Maxine Pruitt



EXCLUSIVE



WATCH THE VIDEO ONLINE



See who rang in 1st and 2nd!



PRIZE WHEELS
on page 17!

Compare Game Show Buzzer Sets

	Me First!® (pp 10-11)	Who's First?®
Ideal Use	Q&A review – EVERYONE can answer	Gameshow-style – for team competitions
Touchpads	One for each player	One for each team or person
Capacity	Up to 36 individuals	Up to 6 teams
Light Display	1 st responder turns green; all others turn red	1 st responder flashes; 2 nd responder shows solid
Facilitator Buttons	Reset all or block out previous responders	Reset buzzers or toggle to random selection mode
System	Wireless; no software required	Wireless; no software required
Add'l Features	Sounds for right and wrong answers; USB link	USB link is integrated with select game show software

REINFORCE LEARNING



A Make learning stick!
Have your group commit to change by writing down key learning points and action items.

I Got This: help participants remember and apply learning in three easy steps. 50 sheets/pad; 4" x 6".

Start-Stop-Continue-Change: write your thoughts on sortable sticky notes and commit to take action. 50 sheets/pad; 3" x 3".

Koosh: Toss the ball and have the participant share a learning point or answer a question.

Debrief tools

- A. #GAGFGT I Got This! Note Pad (4 pads/set) **\$16.95**
- B. #GAGFSP Start-Stop-Continue-Change Sticky Notes (20 pads/set) **\$21.95**
- C. #KOOSH Koosh **\$5.50**



"My Go-To"

I love the variety of stuff you can get from Trainers Warehouse. It is usually my go-to for ordering training activity material.

~ Dr. Sandra Maria Anderson-Spencer, Ed.D

Let your players create the questions

Conduct your most memorable debrief and reinforcement game ever. Invite teams to make up their own challenging questions and try to stump one another. Includes 25 mini dry-erase cards that attach with VELCRO® brand fasteners. Measures 19" x 22".

Tabletop Whaddya Know?
#GAWDHP **\$85.95**

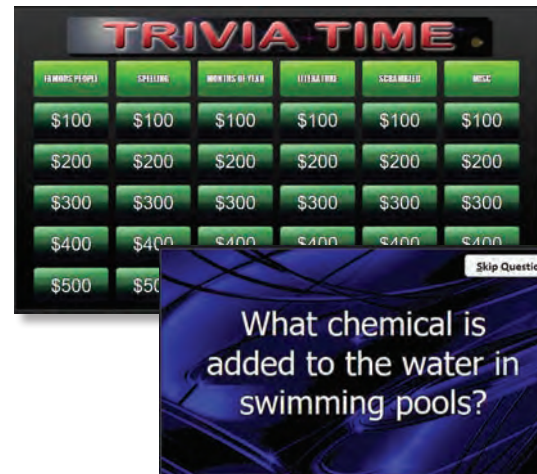
Whaddya Know?



Host Hollywood-style game shows

Captivate trainees' attention, increase participation, engage emotions, and deliver extraordinary learning experiences.

- Customize questions
- Set up game boards, teams, timers, and more
- Integrate with Me First! Game Buzzers
- Play as teams or let everyone answer



Gameshow Pro's "Bells and Whistles"

- Play Categories, Feud, and Tic-Tac-Toe
- Use PowerPoint to customize questions and easily import player-sourced questions

Trivia Time's "Back to Basics"

- Play Categories, Feud, Squares, and Fortune
- No internet connection required

Gameshow Software

- #GAGAJB Gameshow Pro Starter Edition (Categories, in-person only) **\$295.00**
- #GAGAVS Gameshow Pro Online Edition (3 TV gameshows) **\$1190.00**
- #SOTBP Trivia Board (4-game suite) **\$299.00**

TRAINER'S TIP!



Get the most out of your game show experience.

- Have teammates consult one another before stating an answer. Or, require them to take turns answering consecutive questions.
- Limit play to 2-5 teams, making it easier for each team to collect points.
- Consider "all-play" formats that get every participant thinking.
- Rely on a buzzer system to eliminate arguments over who rang in first.

WHO'S FIRST?® GAME BUZZER #WHOR8W \$369.95 (p 13)

ME FIRST™ GAME BUZZER #GAMEFBB \$411.95 (p 11)





INCREASE PARTICIPATION

Pick the participation tools that are best for your group

What's my goal?

Introduce Material

Avoid being the "sage on the stage." Ask questions and have people think through the material before divulging answers.

the material before divulging answers.

- Answer Boards (p 20)
- Game Shows (p 15)



Discuss Learning

Make it easy to be vocal by providing discussion prompts.

- Thumballs (pp 2-6)
- Photo Decks (pp 8-9)



Get Physical

Invite movement by integrating experiential or content-reinforcement games:

- Create Your Own Thumball (p 6)
- Tabletop Jeopardy (p 14)
- Team Building Games (pp 40-43)
- Walk & Talk Conversation Decks (pp 8-9)



Check Understanding



Use a tool that will allow every person to answer. Be sure to give your group time to think!

- Answer Boards (p 20)

Have Fun

Encourage participation by giving prizes to the brave souls who open up!

- Prize Wheels (p 17)
- Scratch & See (online)



Practice & Quiz

Play quick-response games to improve memory and retention.

- Game Shows & Buzzers (p 10-13)
- Koosh Toss & Recall Games (p 14)
- Create-Your-Own Thumball (p 6)



Commit to Action

Ensure that learning is applied by asking participants to write down (and commit to) next steps.

- Start-Stop Sticky Notes (p 14)
- I Got This Notes (p 14)



Motivate groups, award prizes, select questions & more

Use these heavy-duty molded plastic prize wheels to energize your group, choose question categories or pick prizes. Downloadable templates (available online) allow you to customize your own sections. For maximum dazzle and excitement, try the Light-Up Prize Wheel, which sparkles and flashes as long as the wheel is spinning! *Tabletop model:* extends to 41"; 11½ lbs. *Floor/ Table model:* extends to 73½"; 14 lbs.

12 to 24-slot Prize Wheel, 31" diameter
 #GAWP24F Floor/Table Model \$503.50
 #GAWP24T Table Model \$475.75

12-slot Tabletop Prize Wheel, 26" diameter (online)
 #GAWP26T Basic Tabletop Wheel \$409.75
 18-slot Prize Wheel, 31" diameter (online)
 #GAWP18F Floor/Table Model \$503.50

12-slot Prize Wheel, 31" diameter (online)
 #GAWP12F Floor/Table Model \$503.50
 #GAWP12T Table Model \$475.75

Light-Up Prize Wheel, 12 to 24 slots (online)
 #GAWP24FL Floor Model, 73½" H \$616.75



Carry cases and more prize wheels online!

Choose prizes, questions, and categories

Customize Plinko with prizes or use it as a reinforcement game and put a question card in each of the 8 bottom cardholders. With the editable software templates add your logo too! Plinko includes three pucks and arrives fully assembled. Mini measures 36" H x 25" W, and weighs 6.5 lbs. Large measures 50.5" H x 31.75" W, and weighs 12.5 lbs. Black or White.

Plinko
 #GAPM Mini \$292.25
 #GAPL Large \$429.25



Customize wheels with participation prizes

All it takes to customize this sturdy spinning wheel is a dry-erase marker (not included)! The lightweight wheel won't break your back or your budget. Use the center magnet on the front to adhere your own logo. Because it's so easy to write on, you can easily add and update prizes, teams, question categories, lunch options and more.

Spin-to-Win 24" Prize Wheel
 #GAWSPK \$79.95



WHO'S WHO?

never get caught forgetting a name



TRAINER'S TIP!

According to Maslow's Hierarchy of Needs, individuals' lower order needs (physiological, safety and belonging) must be satisfied before they can attend to higher-order needs, like self actualization – so take time to put people at ease!

MORE BRAIN FACTS
on page 28



EXCLUSIVE



EXCLUSIVE

Equip your meeting rooms with dry-erase tents

Save yourself from pre-printing formal name cards and let participants write their preferred name on these erasable, reusable name cards.

Tent Card Sets

- A. #TCLBSET** Space Saver (3½" x 8¾") **\$115.95**
30/set w/Tote, 15 Black Markers and 15 Mini-Erasers
- #TCLSET** Large (4" x 11") **\$96.95**
24/set w/Tote, 12 Black Markers and 12 Mini-Erasers



EXCLUSIVE

Save time and money with reusable name tents

The high-quality, two-sided, molded plastic tents let you see names from the front or back of the room. Use standard Dry-Erase Markers and they'll clean up easily, so you can use them again and again. If space is an issue, Mini Table Signs will do the trick!

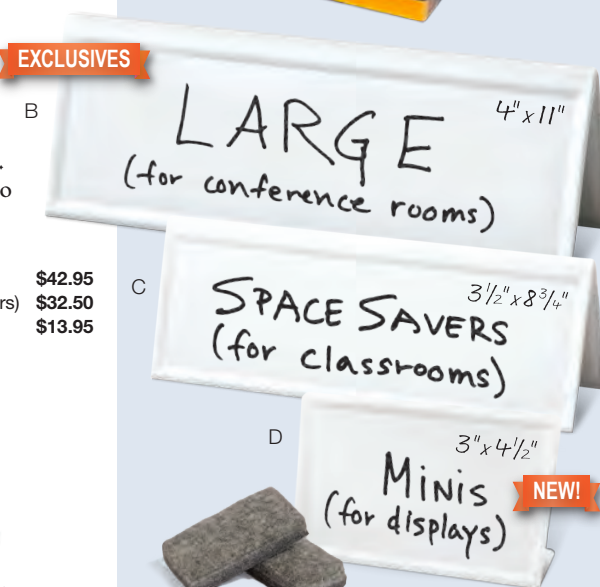
Table Signs

- B. #TCLSE12** Large Tents (12/set w/erasers) **\$42.95**
- C. #TCLBME10** Space Saver Tents (10/set w/erasers) **\$32.50**
- D. #TCLD** Mini Table Signs (12/set) **\$13.95**

Tent Card Accessories

- E. #WBER** Mini-Erasers 2½" x 1¼" (30/set) **\$10.95/set**
- F. #DEMNN12** Black Dry-Erase Marker (12/set) **\$8.75/set**

EXCLUSIVES

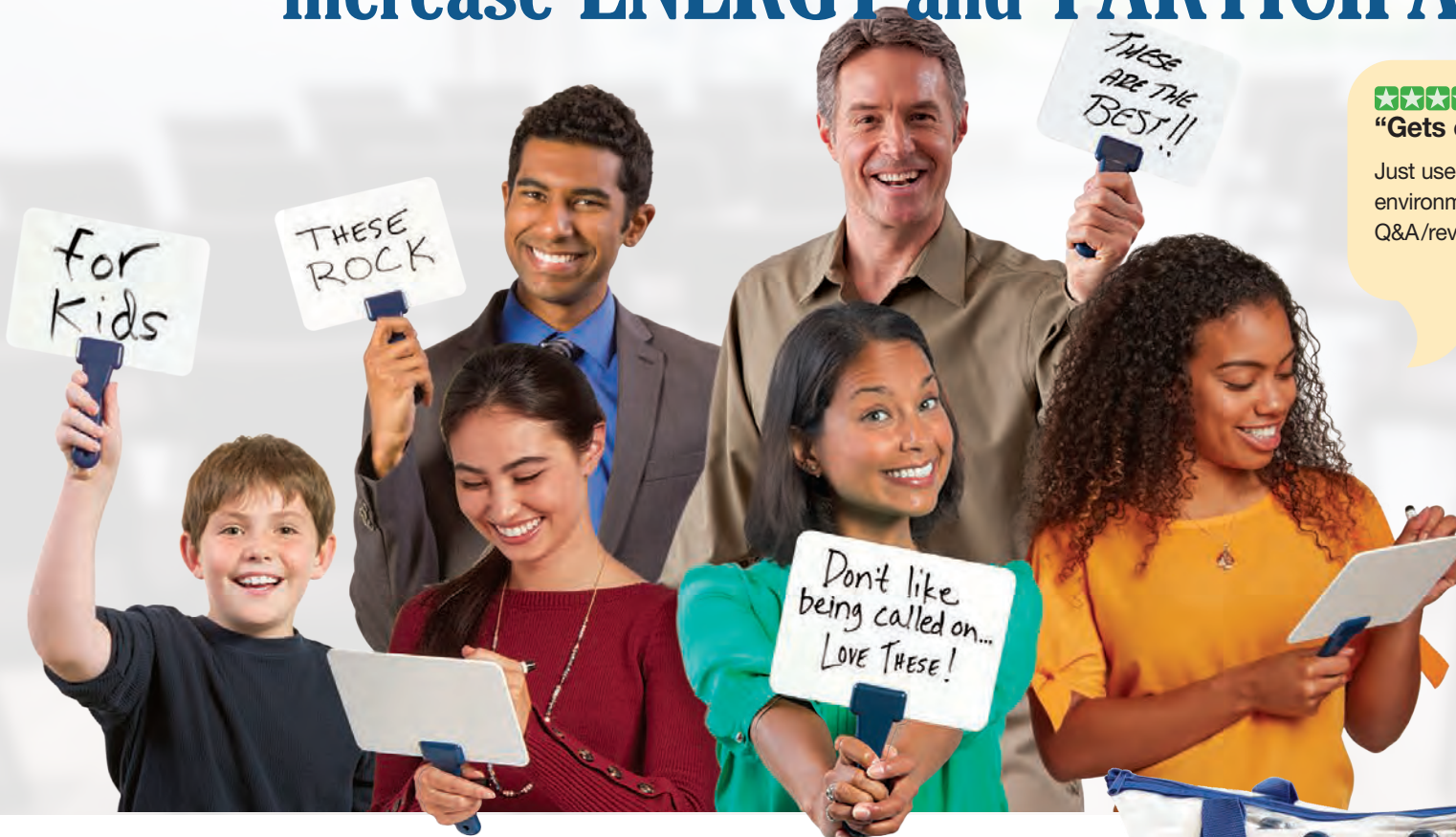


NEW!

“My parcel arrived very quickly, and the products are great – better than expected.”

Dr. Chris Taua

increase ENERGY and PARTICIPATION!



"Gets everyone involved"

Just used these for a few instructor-led courses in a manufacturing environment. Typically, I have the same people participating in Q&A/review questions but this gets everyone involved which is great.

Manufacturing Trainer

WATCH THE VIDEO ONLINE



Pause. Give everyone time to think of answers.



"I've been very pleased with the products and service from Trainers Warehouse. I am particularly impressed with the thoughtful "extras" included in each order."

Evelyn McClain
Houston Community College

EXCLUSIVES



Encourage self-expression

Try "whiteboards" that are as colorful as your groups' answers. Dry-erase "Briteboards" add dynamic fun and learning to any event. Two-sided; 6" x 7¾".

Briteboards
#WBOC 10 Boards & Erasers, boxed \$39.95



EXCLUSIVES

See who's getting it... and who's not!

Encourage participation with dry-erase Quick Response Whiteboards. They are a huge hit with students and educators, because every individual can write an answer, cast a vote, ask a question or offer an opinion. Whiteboards are two-sided and measure 6" x 7¾".

Quick Response Whiteboards
A. #WBOD 12 Boards & Erasers, boxed \$49.95
B. #WBHNB 30 Boards & Erasers, bagged \$122.50



Keep your boards pristine

Mini-Erasers: super-thick personal erasers, 2½" x 1¼".
Dry-Erase Markers: bold, fine-tip markers wipe clean!

C. #DEMNN12 Black Dry-Erase Marker (12/set) \$8.75/set
D. #WBER Mini-Erasers (30/set) \$10.95/set



how to pick the best FIDGET TOYS



10 WAYS to choose the tool that's best for YOUR NEEDS!

1 MATERIAL

What's it made of?

Pick materials that are personally pleasing! Firm, flexible, furry, hard, smooth, squishy – whatever floats your boat!



6 SOUND

Is silence golden or are simple sounds suitable?

Respect your environment and save loud fidgets for more boisterous settings.



2 WHO

Kids? Adults?
Personal use?
Community use?

If you plan on sharing, choose fidgets that can be easily cleaned. Avoid putty, sand and clay.



7 COST

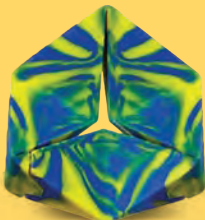
Buy a bunch at a low cost or choose one snazzy favorite!

Find fidgets for any budget. Low-cost fidgets are great giveaways. Spend more on therapeutic toys that won't get lost!

3 MOTION

Do you like to twist, twirl, bend, flex or squeeze?

Become a master of movement with fidgets you can mold, manipulate, click, squeeze or rotate.



8 DURABLE

Are users rough or gentle?

For fidgeters who put their toys to the test, avoid gel balls and other items that can be punctured or snapped.



4 SIZE

Prefer pocket toys, bigger handfuls or one-handers?

Go incognito and hide your fidget in a pocket or under a desk. Or, engage more muscles with a chunkier choice.



9 WEIGHT

Need some heft or is lightweight better?

Heftier fidgets can feel more substantial and satisfying. Stay clear of flimsy fidgets.

5 EYE-CANDY

Are good looks a plus or distracting?

Colorful, eye-catching fidgets set a playful tone, but fidgets shouldn't be too distracting or mesmerizing.



10 FUN FACTOR

Focus on fun or function?

Sometimes you just want your fidget to make you smile.



FIDGET to FOCUS

Cool!
Where'd you find that one?

Online or p 25.
You'll find everything there!



TRAINER'S TIP!



Mastermind memorable moments!

Fidget toys, a.k.a. "Fiddles," serve a myriad of training needs. They may strike you as frivolous accessories, but consider their benefits and uses:

1. Engage "floating attention" – we're wired to be easily distracted (to protect us from predators)
2. Promote a relaxed, playful mindset – set a creative, friendly tone in your class.
3. Improve focus – kinesthetic learners will focus better and absorb your material more quickly if they have something to do with their hands.
4. Relieve stress – playing with toys and hand-held manipulatives is shown to relax us.
5. Engage the whole brain – big picture, little picture, emotional, visual and tactile.
6. Metaphorically relate learning topics to a fidget toy, to make the memory stickier.

Be prepared for every learner

The Kitchen Sink Set is a colossal collection with a few of everything, to satisfy the varying tactile needs of your group. (84/set in a convenient tote bag, contents may vary)

Kitchen Sink Fiddle Set
#FISETS \$228.95

EXCLUSIVE

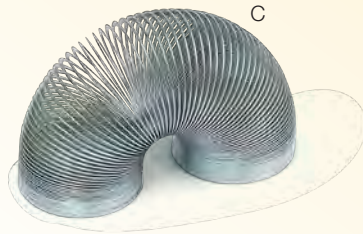
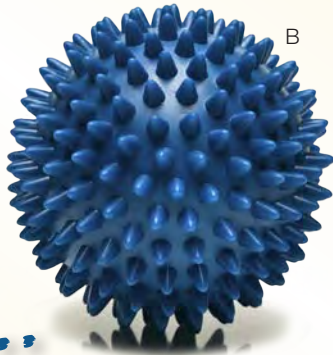


MORE FIDGET SETS on pp 26-27!

IMPROVE CONCENTRATION

FUN, QUIET, NOT TOO DISTRACTING,
FINGER FIDGETS!

ONE-OF-A-KIND, AWARD-WINNING
FIDGET TOYS BY TRAINERS WAREHOUSE

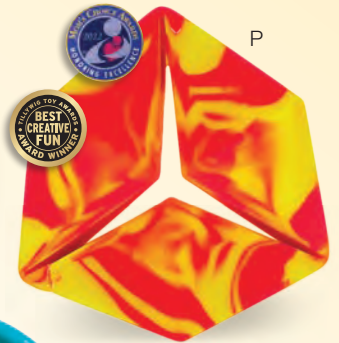
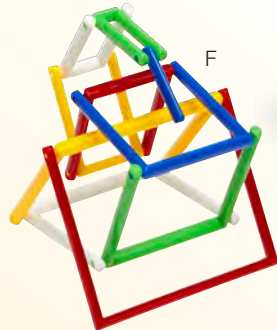


EXCLUSIVES

FLEX...



TOSS...



TWIST...

Fidgets made for learning

Create a stress-free learning environment with focus-friendly fidgets. Plus, they'll give kinesthetic learners something to do with their hands. These may look like "toys" but we consider them serious learning aids.



SPIN...



PLAY...



TW Exclusive Fiddles à la carte

L. #FIHLX	Helix	\$4.00	
M. #BALLCHL	Chill Pill	\$2.25	
N. #FICLZ	Clusterz™	\$4.50	
O. #FILPZ	Loopeez™, 3½" w	\$3.95	
	#FILPZJ	Loopeez™ Jr., 2½" w	\$3.95
P. #FIFLYG	Flexygon™	\$4.95	
Q. #FIGYR	Gyrobi™	\$3.95	
R. #FISWG	SwingOs	\$4.95	

Occupy fidgety fingers

Every toy meets our fabulous fidget criteria – quiet, fun and durable!

Favorite Fiddles à la carte

A. #FITAN	Tangle	\$6.50	
B. #FISSM	Shiatsu Spiky Ball	\$4.99	
C. #FIMSPM	Mini Metal Spring, 1"	\$1.00	
D. #FIBLOX	Flexiblox	\$4.00	
E. #KOOSH	Koosh	\$5.50	
F. #FIJEK	Jeliku	\$2.50	
G. #FIPUF	Puffer Ball	\$2.00	
H. #FIBEND	Bendeez	\$3.00	
I. #FISMB	Tall Smiley Guy	\$3.15	
J. #FICHEES	Cheese & Mice	\$4.50	
K. #FIGW2	Glitter Wand, 6"	\$4.75	
	#FIGW3	Lg. Glitter Wand, 11½"	\$6.50



More Fidget Toys online!



keep groups FOCUSED



Stay focused, engaged, and stress-free

Keeping your hands busy can reduce stress and improve focus. Floating attention is thought to be an evolutionary trait. No matter where you work, find a set of fidget toys (a.k.a. Fiddles) that's just right.

The scoop on Koosh

The Koosh patent expired in 2022. Now lots of companies are making koosh-like balls. Ours have the same look, feel, and rubbery strands that we've all come to love!

- A. #KOOSHB Bundle o' Koosh (10/set) \$53.50
- #KOOSHM Koosh \$5.50

Something for everyone: A popular assortment of fidget tools

- Deluxe (24/set in drawstring bag)
- #FISETA \$69.95
- B. Super Deluxe (48/set in drawstring bag)
- #FISETB \$139.95



“People really enjoy having something to “fiddle” with during the meetings. I've seen increased engagement and focus as a result.”

Jana Ooley

Tangle: Swivel Tangle Toy's smooth arcs into amazing shapes.

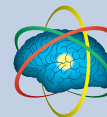
- C. Tangle Toy Set (50/Set)
- #FITAN50 \$315.00
- #FITAN \$6.50

Exclusives: Every TW Exclusive fidget toy is durable, quiet, not-too-distracting, and feels good. 3 each of 8 different tools.

- D. TW Exclusives (24/set in zippered bag)
- #FISETK \$55.95



In prehistoric times, the ability to focus 100% on a single task was not entirely desirable.



WATCH THE VIDEO ONLINE



Introduce toys with purpose and professionalism



Low cost: Lots of pieces at a low cost, so you don't have to sweat it if some “disappear.”

- E. Walk-Away Fiddle Set (25/set with bag)
- #FISETW \$44.95

For your desk: It won't take much desk space to set office visitors at ease.

- F. Desktop Fiddle Set (8/set in a small box)
- #FISETL \$23.50





BRAIN BITES

Use brain science to improve your training

“Memory is the residue of thought.”

Daniel Willingham, Ph. D.

THE MEMORY CYCLE

ENCODING

Remembering requires F.O.U.R. focused efforts.

Our brains evolved to **forget** much of what we take in

RETRIEVAL

You haven't remembered if you can't recall it. By retrieving information, you also re-encode it!

STORAGE

While we sleep, memories are off-loaded from the hippocampus to the cortex, for long-term storage.

BRAIN STORAGE

These brain parts are most critical in storing memories.



HIPPOCAMPUS

Behind your ears and shaped like a seahorse, it holds short-term memories, but has limited capacity. (Read below about sleep!)

CORTEX

At the back of your head, it stores long-term memories.

PREFRONTAL CORTEX

Near your forehead, it's the "CEO" of your memory system.

RETRIEVAL BOOSTERS



Sleep on it! First, it's hard to pay attention when you're tired. Second, although the hippocampus has limited storage capacities, the day's memories efficiently move from the hippocampus to the cortex during sleep cycles.

Music activates the brain's motor system & makes you feel good.

Exercise can enlarge the size of your hippocampus.

Positive Attitudes aid memory.

*pp 265, 283, 232, 287

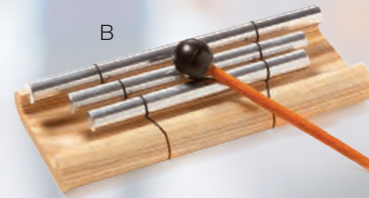
MAKE EVERY MINUTE COUNT!

Get their attention without raising your voice

For big groups that tend to disperse or grow noisy, the resonant 3-toned Meeting Chime, with polished steel tines, is the perfect way to re-gather. For conventional training and meeting rooms, the petite 3-Toned Chime is a delightful way to bring people back to attention.

Chimes

A. #CHIML	Meeting Chime, 5½" x 9"	\$98.95
B. #CHIME	3-Toned Chime, 3½" x 7¼"	\$29.95



EXCLUSIVE



Watch the video online



“Ordering was easy with a real person on the other end of the phone.”

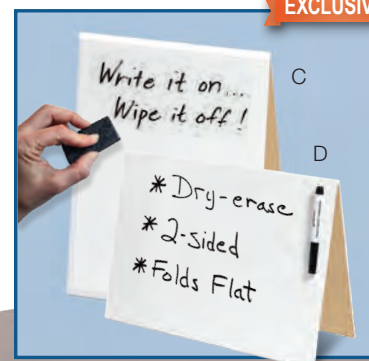
JoAnn Meyer

Encourage small-group discussions

Many prefer trying out new ideas in a smaller group. Enable small-group sharing and processing by setting a whiteboard on each table. They're perfect for breakout activities, games and more. The 13" x 18" two-sided boards fold flat for storage. At 2 lbs., it's light enough to carry with you, but still sturdy and durable. Includes black dry-erase marker with VELCRO®.

Tabletop Whiteboard with Marker

C. #EATTC	Portrait	\$31.95
D. #EATTD	Landscape	\$31.95



EXCLUSIVES



share just right RECOGNITION

Find the best way to say "Great Job" for any effort.



What's my goal?

Team TREATS

Team success sometimes takes more effort than solo missions. When teams work well together, make a fuss!

inspire team success

- Award a team lapel pin (p 31)
- Make peer-to-peer recognition easy (p 33)
- Present the same prize to every team member
- Invite everyone to share a "Slice of Nice" with a teammate (p 33)



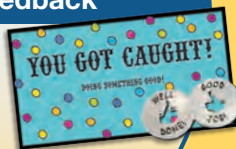
UNITE

Everyday ACCOLADES

Don't save recognition for momentous events. Build engagement by acknowledging the little stuff too!

offer frequent feedback

- Catch someone doing something good (p 32)
- Share a Token of Appreciation (p 32)
- Jot a message on a sticky note (p 33)
- Check off a box on a playful Kudos Note (p 33)



MOTIVATE

Playful PRIZES

Small prizes can make a big impact when it comes to humor, fun, & levity.

encourage participation & have fun

- Try the Cracker Jacks approach – small prizes can make a big impact
- Build excitement with a Prize Wheel (p 17)
- Toss our a Super Squeezie when the time is right (p 31)



DELIGHT

Grandiose ACHIEVEMENTS

Celebrate large achievements in public, with lots of fanfare!

every once in a while make it special

- Distribute certificates, plaques or diplomas (pp 46-48)
- Invite recipients to give a speech



REWARD



PASS IT ALONG

Get the most out of any recognition program by inviting recipients to pass their reward along to another deserving friend.

SPREAD GOOD VIBES

Reap the benefits of happiness

Don't leave happiness to chance. Spread positive energy, enhance relationships, and improve customer service by reminding your team to smile, on the phone or in person.

- Smile Mirrors (10/set)
- A. #CSMIR Rectangle, 6" x 2 1/2" \$39.95
 - B. #CSMMR Round, 2 1/4" \$24.95
 - C. #GABWY YES! Sound Button \$9.95



"I'd definitely buy this again!"

My team really enjoyed having smile mirrors on their desk. This worked well in customer service. Smile while talking on the phone. It makes a difference!

verified buyer



⇒ Well, YES! ⇒
⇒ Yes, Yes, Yes! ⇒
⇒ Yah Baby! ⇒

Recognition that's fresh!

Each 2 1/2" x 2" tin of mints offers a flavorful mix of encouragement and good humor. [More online!](#)

- D. Motivational Mints 1 @ \$3.25
- #LRNMNTM Learning MoMints
 - #LRNMNTA Achieve-Mints
 - #LRNMNTC Compli-Mints



EXCLUSIVES

LAPEL PINS online

www.trainerswarehouse.com



EXCLUSIVES

Make recognition fun and stress free

Each Super Squeezie sends a message of inspiration. As they sit on a desk or become a favorite stress-toy, these playful awards will serve as an ongoing reminder of achievement.

- E. Super Squeezies
- #SUPSYRK You Rock \$3.00
 - #SUPSDOG Top Dog \$5.00
 - #SUPSBAN Top Banana \$3.25
 - #SUPSMBC Mooy Bien \$5.00



EXCLUSIVES

BUILD ENGAGEMENT



EXCLUSIVES



C

Create a culture of appreciation

Motivate everyone to keep up the good work, no matter how big or small their effort. These shiny metal tokens (3/4"), lapel pins and pass-along cards (3 1/2" x 2") encourage colleagues to recognize one another's successes. Each coin-sized token says "Pass it Along" on the back side, as a reminder to share the praise! All sold in sets of 10.

Token and Token/Card Sets

- A. #GISATA Token of Appreciation/Card set \$14.95
- B. #GISATK Appreciation Tokens \$11.95
- C. #GISATH You Got Caught! Token/Card set \$14.95
- #GISATG Good Job Tokens \$11.95



D

Walk the talk on values

Pay your company values more than lip service! Start noticing and commenting when your team takes them to heart by dashing a note on a carbonless 2-part "I noticed..." pad. 3 pads; 50 2-part notes/pad.

I noticed...

- D. #GIKND \$19.95

EXCLUSIVE

NEW & EXCLUSIVE



E

Original rhymes just for trainers

Make recipients feel really special with Raving Rhymes. Includes 5 each of 6 original poems. Plus, room on the back for a personal message or signature!

Raving Rhymes (set of 30)

- E. #GISAPC \$19.95



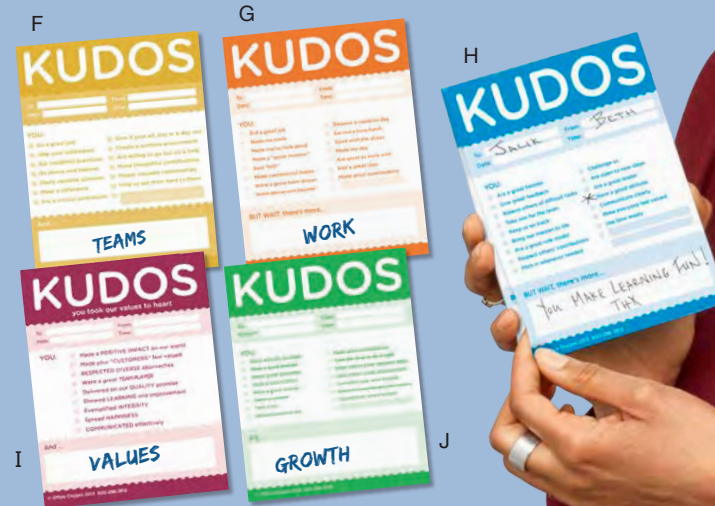
Give kudos often

Everyone performs better when they feel recognized and appreciated. Rather than waiting for momentous events, take time to notice positive effort every day! Each pad has 25 sheets. Pads measure 4" x 5 1/4".

Kudos! (Sets of 10 pads) \$13.95 each

- F. #GIKUDY Kudos for Teams
- G. #GIKUDB Kudos for Colleagues
- H. #GIKUDP Kudos for Work
- I. #GIKUDV Kudos for Values
- J. #GIKUDG Kudos for Growth & Learning
- #GIKUD40-ASST Set of 40 (8 of each pad) \$55.30

EXCLUSIVES



F

G

H

I

J



"Kudos"

A fabulous way to reinforce appreciation and recognition as a mindset. It also prompts people to be on the alert to recognize what people are doing well and to take a moment to express their appreciation. Love it!

~ Kat



EXCLUSIVE

Put it in your own words

Take a moment to write a personal note. 20 pads/set; 25 sheets/pad. 4" x 5 1/4".

Appreciation Sticky Notes

- B. #GIKSN \$31.95

Share a "Slice of Nice"

Show your appreciation with a small wooden token that's sure to make recipients smile. 2-sided Slice of Nice tokens have a kind message on one side and say "Slice of Nice" on the other. Measure 1 1/4" diameter. x 1/8" thick.

Slice of Nice (21 Tokens/set)

- A. #GISLC \$19.99

Front

Back



EXCLUSIVE



GET BRAINY!

Apply Brain Science to your live and online training!

Use these 6 brain-science principles to maximize learning!



MOVEMENT tops sitting

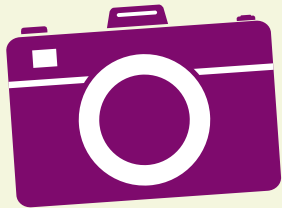
Keep the blood flowing to the brain. Experts suggest we should take breaks every 20 minutes and integrate movement into learning experiences.

Try *Koosh* (p 14), *Thumballs* (p 6) and *Prize wheels* (p 17)

TALKING tops listening

The one doing the most talking generally does the most learning. Make that be the students.

Use *Thumballs* (p 6), *Decks* (pp 7-9), *Start-Stop-Continue-Change* (p 14)



IMAGES top words

Vision is humans' primary sense and we think in images first. To make training memorable, structure activities to tie the content to visual images.

Explore *ULead Deck* (p 9), *TeamWriter* (discuss/draw icons, p 40)



WRITING tops reading

Writing has the combined benefits of being visual and requiring movement. Guide your groups to take notes on specific topics that are important to recall.

Integrate *Answer Boards* (pp 20-21) and *I Got This* (p 14) into your sessions



SHORTER tops longer

It's not about age. Everyone benefits from frequent breaks. Plus, content broken into chunks becomes more memorable.

Don't forget your *Get Movin' Thumball* (p 6)

DIFFERENT tops same

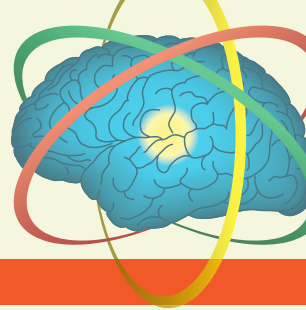
Habituation is the idea that we stop noticing and paying attention to anything that's not new. Keep changing things up.

Whaddaya Know (p 14) and *Fidgets* (pp 24-25) are great choices



TEST YOUR MEMORY!

To better remember these 6 principles, draw each icon on p 20 in the box below.



Movement tops sitting

Techniques I could try

Stand-pair-share

Tools I could use

Card decks p. 8, 9



Talking tops listening

Techniques I could try

Mini teach-backs

Tools I could use

Tabletop Whiteboard p. 29



Images tops words

Techniques I could try

Describe Metaphor for Learning Print

Tools I could use

Climer Cards p. 9



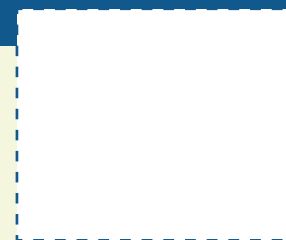
Writing tops reading

Techniques I could try

Key points

Tools I could use

I Got This p. 14



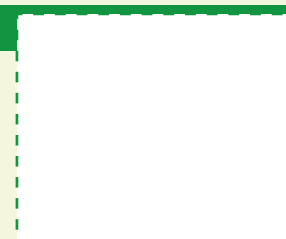
Shorter tops longer

Techniques I could try

Take a "stretch break"

Tools I could use

Get Movin' Thumball p. 6



Different tops same

Techniques I could try

Students create questions

Tools I could use

Whaddaya Know game p. 14

THE “PERFECT” GAME FOR TEAM BUILDING

Consider your goals, time, players, and budget.

RELATIONSHIPS

Quick experiences for fun and learning

- \$ Helium Stick, p 42 (20 min; 10+ players)
- \$ Team Dynamics Thumball, p 5 (30 min; 2+ players)
- \$ Get-to-know-you Thumball, p 3 (10+ min; 2+ players)
- \$ TeamWriter, p 40 (20 min; 4-10 players)
- \$ Challenging Assumptions, p 42 (20 min; 4 small groups)
- \$ Community Puzzle and Mosaic, p 4 (4+ players)



COMMUNICATION

Strengthen speaking & listening skill

- \$ Seeing the Point (15 min; 4-16 players)
- \$ Blocked Perspectives, p 40 (45 min; 6-30 players)
- \$ Murder Mystery, p 39 (30 min; 5-27 players)
- \$ Zin Obelisk, p 39 (30 min; 5-8 players)
- \$\$ Puzzle Blind, p 41 (30 min; 3-6 players)
- \$\$ Colourblind, p 43 (45 min; 4-28 players)

PROBLEM SOLVING

Improve collaboration & performance

- \$ Murder Mystery, p 39 (30 min; 5-27 players)
- \$ Marshmallow Challenge, p 40 (45 min; 3-5 per team)
- \$ Pipeline Challenge, p 41 (15-30 min; up to 12 players)
- \$ Seeing the Point (15 min; 4-8 players)
- \$\$ Dabridge, p 42 (45 min; 3-6 players)
- \$\$\$ Colourblind, p 43 (45 min; 4-28 players)
- \$\$\$ T-Trade (negotiation; 60 min; 3-6 players)

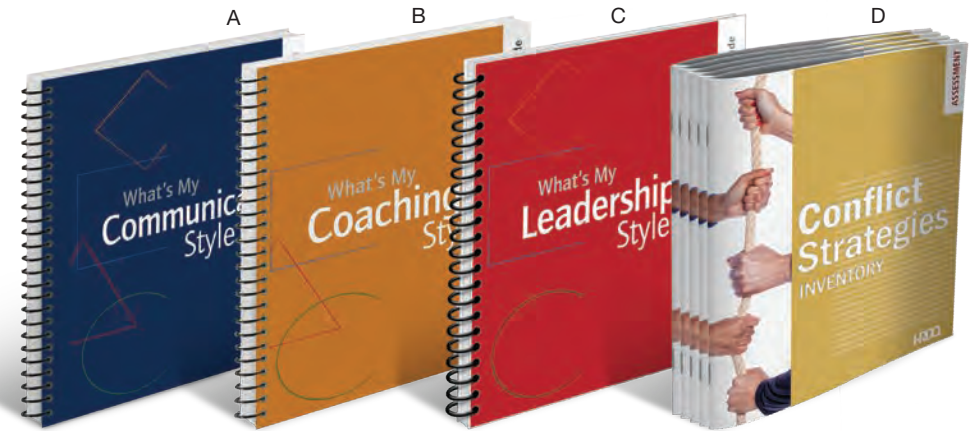
DON'T FORGET TO Debrief

ASK KEY QUESTIONS to help your group process the learning experience.

1. What happened?
2. How did you feel?
3. What worked?
4. What would you do differently?
5. How can we apply the learning to the workplace world?



WHAT'S YOUR STYLE?



Understand personal “styles”

Assessment tools are great to identify individuals' unique styles and give groups a vocabulary to address their differences. If Myers-Briggs isn't in your budget, the HRDQ Style Series can help you hone in on your group's skills and tendencies. Assessments are available online or as a hard copy. Facilitator Guide and Participant Workbook hard copies are sold separately. Requires ~ 1 hour. *Individual assessments available online!*

What's My Style? Facilitator Guides

- A. #RBWCSF Communication \$199.99
- B. #RBWCHF Coaching \$98.99
- C. #RBWLSF Leadership \$98.99

Take inventory of your conflict strategies

Discover 5 ways people typically respond to conflict and practice alternative strategies to manage differences. Easily facilitate this training workshop with step-by-step guides, participant materials, and a ready-to-use PPT presentation. *Parts sold separately online.*

Conflict Strategies Inventory Facilitator Set
D. #RBCSIF \$194.95



Gain awareness of individual strengths

Help managers and teams assess their skills, tendencies, and preferences so they can work together more effectively. The facilitator guide contains all you need to run an effective and engaging ½-day or full-day DISC session. Online assessments include collaboration reports and a team summary.

DISC Style Facilitation Tools

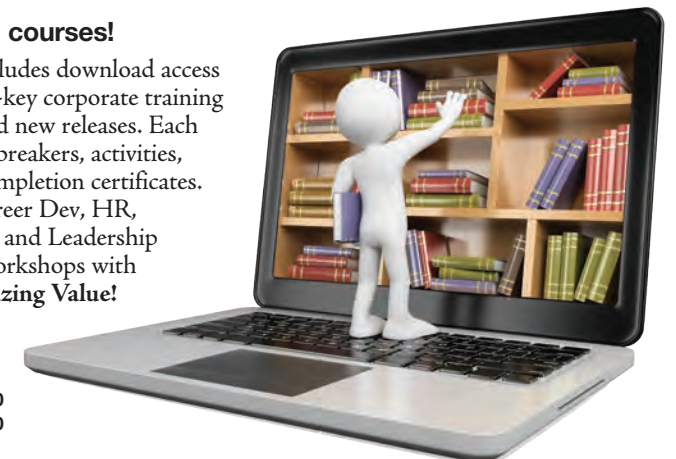
- E. #RBWHDC DISC Styles Participant Assessments (5/pk) \$95.00
- F. #RBWHDFG HRD DISC Styles Facilitator Guide \$395.00
- G. #RBWHDON HRD DISC Styles Online Assessment (each) \$59.00

Stop reinventing your training courses!

This professional training library includes download access to 147 course kits—a complete turn-key corporate training curriculum—plus course updates and new releases. Each course includes facilitation notes, icebreakers, activities, PPT Slides, reference sheets, and completion certificates. Access courses for Admin Skills, Career Dev, HR, Personal Dev, Sales & Mktg, Mgmt. and Leadership Skills, and MS Office! Customize workshops with your own logos and messaging! **Amazing Value!**

Choose Workshop or LMS version!

- Complete Corporate Training Library
- #RCCTLW Workshop Version \$3,995.00
- #RCCTLE eLearning Version \$3,995.00
- *90 day return policy



online TEAM EXPERIENCES



Which challenge is right for your team?

See how your teams perform under pressure. If they're trapped, can they respond quickly and get themselves to safety? Each escape game challenges groups to communicate, prioritize, and plan. They must organize their time, resources, and talent. Each game takes 1 to 1½ hours. Plus, more online team games to meet your every need!

Product name	How it's played	Product Type	# of Players	Product code	Price
Jungle Escape	F2F	Physical	15-18	#GAJUNG	\$999.00
Escape Room	F2F & V	Physical	12-24	#GAMENER	\$695.00
Escape Room 2 Breakout	F2F	Physical	3-24	#GAMENE2	\$795.00
Escape from Mars	V	Digital	3-24	#GAMENEM	\$695.00
Houston We Have a Problem	F2F	Physical	3-24	#GAMENHP	\$675.00
All Adrift	F2F & V	Digital	3-24	#GAMENAA	\$310.00
Emotional Intelligence	F2F & V	Digital	3-24	#GAMENET	\$564.00
Lost in the Wilderness	F2F & V	Digital	3-24	#GAMENLWR	\$310.00
Expedition	F2F & V	Digital	3-24	#GAMENEE	\$530.00
Colourblind	V	Digital	12-24	#GACOO	\$220.00
Warehouse Productivity Challenge	V	Digital	10-30	#GAMEKWH	\$400.00
Value Continuum Mindset	V	Digital	1-99	#GAMEKVC	\$400.00

F2F=Face to face V=Virtual

53-game collection!

This incredible kit is loaded with 240 game parts and 9 binders of notes for 53 highly effective experiential activities to develop team building, problem solving, communication, leadership, decision making, and stakeholder alignment skills. Among this broad selection of experiences, you'll find games for introductory to advance players, that take 10 minutes to 3 hours. Each learning game comes with robust facilitation notes, participant briefs, review questions, and learning reinforcement sheets. Details online.

MTa Games
#GAMEMTI Insights Kit of 53 Games **\$3,595.00**
#GAMEMTT Teams Kit of 16-Games **\$2,695.00**



Products are of the highest quality. I refer many clients to your unique options.

Dr. Dianna Mattern

ONLINE TRAINING as playful as face-to-face!

Build relationships during online events

Develop connections between participants and your topic whether you're in person or online. The easy-to-use PPT decks or Trainers Exchange offer loads of content and make it fun!

EXCLUSIVE

Dozens of Topics!

UNZIP-it! PPT Decks
#BLZPREM \$7.95 ea.



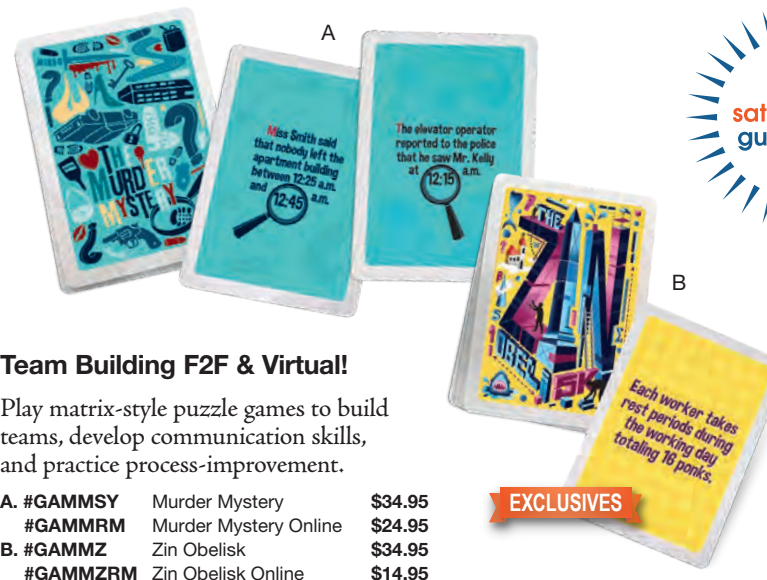
BRAIN BITES!



Make the most of Zoom!

A Yale University study found that the social systems of the human brain are more active during real live in-person encounters than on Zoom." They looked at brain scans during live conversations and saw that the brain was not as active when people were interacting over Zoom."

~Imaging Neuroscience; Oct 25, 2023, Hirsh, Zhao, Zhang, Noah, Tiede



Team Building F2F & Virtual!

Play matrix-style puzzle games to build teams, develop communication skills, and practice process-improvement.

A. #GAMMSY Murder Mystery **\$34.95**
#GAMMRM Murder Mystery Online **\$24.95**
B. #GAMMZ Zin Obelisk **\$34.95**
#GAMMZRM Zin Obelisk Online **\$14.95**

EXCLUSIVES

LEGO GAMES p 8!



dig into TEAM DYNAMICS

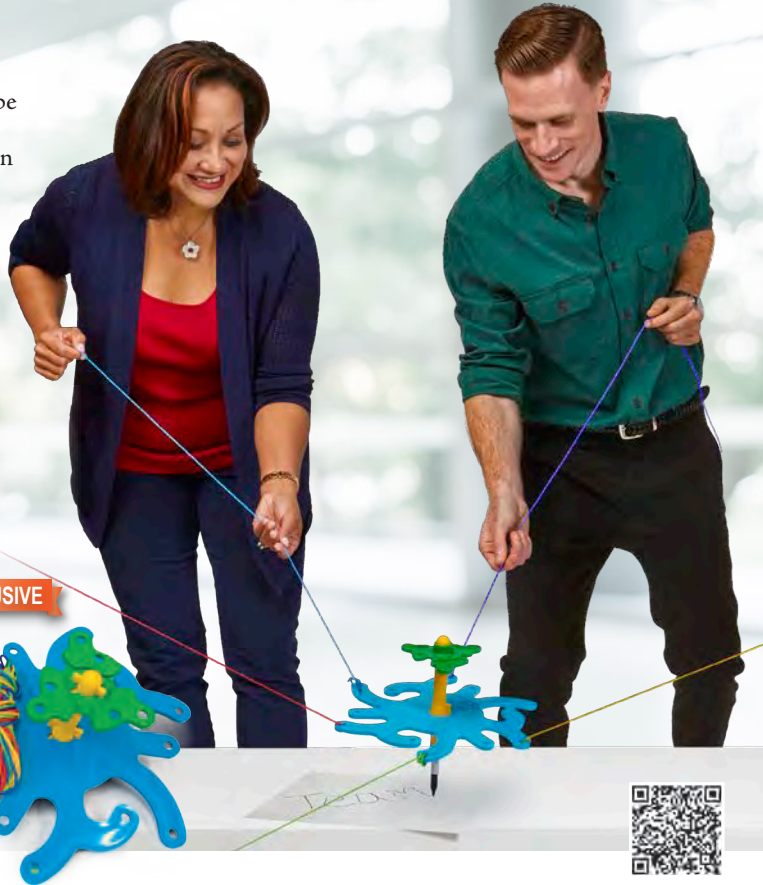
TeamWriter™ requires great coordination!

Challenge teams to draw a shape or write a phrase that's legible. Success requires communication and planning – What will be written? Where should the strings be attached? Where's the top of the page? How can the pen be guided precisely? How do teams "get on the same page"? This simple exercise lends itself to a rich debrief. Includes facilitation notes and marker.

TeamWriter™
#GAMETWR \$45.95



EXCLUSIVE



EXCLUSIVE



Practice problem solving and communication

For this energizing experience, give each participant one short length of half pipe and challenge the group to deliver the ball of your choice down the pipes from the starting point to the finish line. Success requires communication, creativity and teamwork. Includes 12 pipes, 3 balls and facilitation notes.

Pipeline Challenge
#GAMEPIPE \$42.95



"Great for Team Building"

We purchased this to use for our student leadership council. The materials were high quality and sturdy! It came with three balls to create modifications or increase difficulty. Our students loved this activity!

Elizabeth Almanza

A team challenge for innovation and prototyping

This popular team building experience challenges groups to build the tallest possible free-standing structure, which will support one marshmallow on top, using only 20 sticks of spaghetti, one yard of tape and one yard of string. Get all the parts in one convenient kit!

The Marshmallow Challenge
#GAMEMML \$39.95

EXCLUSIVE



Discover the value of different perspectives

Improve communication and explore the value of differing points of view as groups try to accurately re-create block structures based on a series of photographs taken from different angles. Each kit includes 50 blocks, 25 photos and instructions for 5 easy-to-expert challenges. For groups of 6-30 participants.

Blocked Perspective
#GAMEBLP \$75.00



Build communication and listening skills

Challenge blindfolded players to assemble this oversized foam puzzle. As you add more coaches, builders, and voices into the mix, the exercise grows more difficult. Couple multiple puzzles together for larger groups. The simple challenge lends itself to rich conversation.

PuzzleBlind™
#GAMEPZB \$84.95



NEW & EXCLUSIVE

TEAM DEVELOPMENT

anytime - anywhere



Discover hidden assumptions

Raise awareness about preconceptions and assumptions as small groups work to assemble a seemingly simple jigsaw puzzle. They'll likely start by turning all the pieces "face-up," which is where the learning begins. Contains enough pieces for 4 small groups. Duration: ~10-20 mins.

Challenging Assumptions
#GACHAL \$269.00



A team experience as uplifting as helium!

This deceptively simple game is easy to facilitate and gives your group a common experience through which to discuss issues of teamwork and leadership. The stick is 10 feet long and folds to 12", for easy transport. There's no actual helium, but the stick is so light that when large teams try to lower it without losing finger contact, it unexpectedly seems to levitate. Facilitation notes available online.

Helium Stick
#GAMEHLM \$42.95

EXCLUSIVE



"Great team-building tool!"

I was wondering how this simple tool would work in a workshop I was facilitating and I was not disappointed. It's portable, easy to use, and the guide gives some great processing questions.

I. Oravec

Build bridges and collaborative spirit

The specially notched wooden rods and robust facilitation notes offer plenty of options to make the classic DaVinci Bridge a successful teambuilding experience for all sorts of teams. Equip a "designer" with a picture of the finished product and a "manager" with only the written instructions. Then, with limited team meetings, how well will your groups work together to get it built? Measures 6.5' L x 2' W x 2' H assembled. Weighs 11 lbs. Made in the USA.

DaBridge™
#GAMEBRDG \$139.99



NEW & EXCLUSIVE

Build critical communication and listening skills

In this terrific team activity, blindfolded participants hold a collection of colored plastic shapes. Groups must work together to identify the missing piece(s). Colourblind was developed for training Air Traffic Controllers where good communication is a matter of life or death. Success demands effective group management, listening and questioning, plus the ability to solicit and absorb feedback. For groups who have done this activity before, *Colourblind Plus* offers more challenging shapes. Duration: ~40 mins.



Includes Facilitator guide; for groups of 4-28.

More information online!

#GACOL Colourblind' \$419.95
#GACOM Colourblind' Plus \$419.95
#GACOO Colourblind' Online \$220.00/yr



7 TRAINING TIPS



PUT SCIENCE INTO PRACTICE

TIP

BRAIN SCIENCE

CREATE A WARM WELCOME

Start with an opener or icebreaker that's related to your topic and creates positive feelings.

Openers help learners form connections with the material, and link it to something they already know. They're also an opportunity to reiterate the importance of the topic, motivating learners to focus and make the effort to retain new knowledge.

TAKE A BREAK

Take breaks during the day, telling learners they should write and/or organize their notes. If you must finish a topic in one day, plan for reminder or follow-up session to review, elaborate, or answer questions.

The hippocampus has limited capacity. Learners need time to unload the hippocampus, think about what's important and organize the concepts into meaningful chunks.

TRY MULTI-DAY SESSIONS

Organize training over a few days' time. Leave some questions unanswered and give learners time to sleep. Come back to review and expand learning at future sessions. Don't cram it in! Recommend that learners review the material they most wish to remember shortly before bed.

Sleep enables important memories to move into long term memory. Learners may forget some details, but the effort it takes to recall/relearn a few days later ultimately improves memory. Also, what we think about just before bed is most likely to get transferred to your cortex.

ENGAGE 5 SENSES

Engage all learners' senses (music, aromas, visual images, etc.) and emotions (fear, hope, joy, sadness, relief, or calm). If you can't build the emotions into your lesson, ask learners to imagine what something might feel like.

Pairing sensory memories with the episodic memory system (triggered by emotions and experiences) helps our brain "tag" an item as important. At night, our brains store the encoded memory, for future retrieval. Reminder: we forget most of what the brain takes in if we don't focus and think about it!

GO BIG & COLORFUL

Ask learners to relate a key point to a meaningful image, craft an acronym, or draft a silly story. Ask them to exaggerate, making the image or story larger, more colorful, or active.

Articulating the connections between images and information forces learners to expend effort. Reminder: We most remember what we spend the most time thinking about. We also tend to pay attention to what is different and distinctive. By exaggerating an image, the more distinctive and memorable it will be.**

PRACTICE & REPEAT

Create "right-sized" challenges. Encourage learners to try to solve a problem on their own. If they don't succeed, they can consult a colleague for instruction or get feedback, then try again. And again. And again.

If a challenge is too easy, and doesn't require thought or effort, it's sure to be forgotten. Giving answers too readily doesn't necessitate thought or effort, either. Without effort, it ain't memorable.

TAKE TIME TO DEBRIEF

Review and discuss events that occurred and feelings that emerged. Relate those to real world experiences. Encourage them to use, relay, or discuss the information with a peer.

Talking about what happened adds semantic* memory to an episodic memory. By thinking about it and processing it, you're also finding a place to relate it to other experiences tucked away in your brain, filing it for future retrieval.

*See p 28 **See p 34

Save time. Save space. Save money.

These graceful, versatile floor stands are easy to set up and move. And, it's so simple to swap in new signs. Each stand weighs just over 2 lbs., collapses like a tent pole and includes a Trainers Warehouse signature DocU-Sleeve (p 48). Insert your own sign or slide in a blank sheet of paper, then write on the outside with dry-erase marker. Wipes clean every time!

The 6-foot stand is most versatile. Its detachable extension rod lets it stand at 5 ft. or 6 ft. tall. Includes 2 DocU-Sleeves (8½"x 11" and 11" x 17").

5-ft. Floor Stand (8½"x 11" signs)
A. #CAFLN5
List \$54.30 Price \$49.95

6-ft. Floor Stand (8½"x 11" & 11"x 17" signs)
B. #CAFLT
List \$69.95 Price \$62.95

4-ft. Floor Stand (8½"x 11" signs)
C. #CAFLN4
List \$48.98 Price \$45.95

EXCLUSIVES

VIDEO ONLINE



Sets up in 30 seconds!



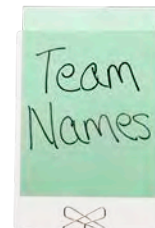
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Table signs that stand UP and OUT!

Let teams create their own group identity. The stand telescopes from 6" to 20" and includes a Trainers Warehouse signature DocU-Sleeve (5" x 7"). See page 48 for more DocU-Sleeves.

Telescoping Table Stands
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50 @ \$14.20 ea.



EXCLUSIVES



EXCLUSIVE



Look professional on the road

The ample 27" x 35" Flip Chart Flat Bag features several inner & outer pockets and can hold as many as 4 flip chart pads, notes, and accessories.

Flip Chart Flat Bag
D. #27FCB \$149.95

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- Walnut
- Solid Black
- Black Marble



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Eric F. from Toledo, OH

Give certificates a touch of "class"!

Make graduates feel extra special with these fine, leather-like document folders. Fabric corner tabs hold your 8½" x 11" certificate firmly in place and a clear plastic sheet protects the certificate (paper not included). Specify Navy or Black.

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 100 @ \$9.00 ea.

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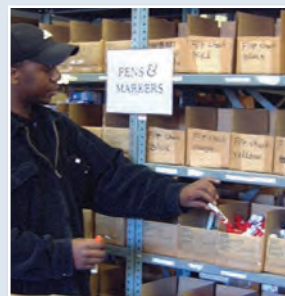
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Don't let certificates or important documents get lost in a drawer. Present and protect them in a firm, plastic DocU-Sleeve that can be posted prominently for the long term. Simply print out your document on any paper and slide it into the sleeve.

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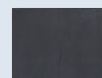
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