

Mountaineering Ireland Train the Trainer Programme

**Post Course Assignment
Briefing Notes**

Aim

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- The aim of this assignment is to give each participant the opportunity to develop their skills as a trainer through a process of peer review and reflective practice.

Learning Outcomes

Learning Outcomes – By the end of this process the learner will be able to:

- Develop a lesson plan for both field and class based elements of mountain training programmes.
- Deliver clear and concise technical presentations to novice mountaineers
- Reflect on the quality and application of your learning facilitation.

Instructions 1

- Plan organise and deliver a minimum half day mountain navigation training session
- Minimum: a group of 4 novices.
- Session to include both class and field based elements.
- Sessions will be reviewed by one of your peers (another course participant or an existing experienced Mountain Skills provider).
- On completion write a report reflecting on the experience. Please use the structure outlined below as a format for your report.

Instructions 2

- Provide details on the planning of the training event including lesson plan/s, venue chosen, AV aids used, learner background and aim and learning outcomes for the training event.
- You should indicate any issues encountered in this planning stage which would be useful to consider for the future.

Application of Train the Trainer Skills

- Discuss specific examples of how you applied both the theory and practical skills of effective learner facilitation.
- Reflect on how your use of the skills of learner facilitation worked for you in practice and discuss any issues which arose either positive or negative.
- Describe how you could change your practice in the future.

Conclusion

- Identify the areas of your training practice which you intend to change (if any)
- Include feedback given to you by your peer reviewer on the event and briefly discuss the issues raised.
- Identify how you intend to develop on an on-going basis your trainer skills.
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