

Train the Trainer

Inspire, engage and empower learners

Develop the skills and confidence to deliver training that makes an impact.

TRAIN THE TRAINER COURSE SOUTH WALES

Plan effective
training

Engage and
motivate learners

Use proven
teaching techniques

Build confidence
as a trainer

Train the Trainer

A two-day train the trainer course that turns experienced professionals into confident, evidence-informed trainers

www.ascenttrainingwales.co.uk

01 · COURSE OVERVIEW

Why this course works

Train the Trainer is one of Ascent Training Wales' most popular programmes. Most professionals asked to train for the first time learn by being thrown in — accurate information, competently presented, while the room quietly disengages. This course flips that.

QUESTIONS BEFORE YOU BOOK?

01656 737349 · info@ascenttrainingwales.co.uk



02 · DAY ONE

Day one schedule

9:00 am

Arrival & welcome

9:30 – 10:45 am

Adult learning theory in practice

10:45 – 11:00 am

Morning break

11:00 am – 12:00 pm Learning objectives that work

12:00 – 1:00 pm

Lunch break

1:00 – 4:00 pm

Evidence-informed session design



Who should attend

1

IDEAL DELEGATES

In-house trainers, learning and development professionals, subject-matter experts, freelance educators and managers asked to train their teams.

2

NO EXPERIENCE NEEDED

You bring the subject knowledge. We supply the training methodology, delivery technique and classroom craft to go with it.

04 · DAY TWO

Day two schedule

9:00 am

Arrival & recap

9:30 – 10:45 am

Confident delivery technique

10:45 – 11:00 am

Morning break

11:00 am – 12:00 pm

Facilitation & handling the room

12:00 – 1:00 pm

Lunch break

1:00 – 4:00 pm

Assessed delivery practice



Adult learning theory

We start with the evidence: how adults actually learn, why relevance and autonomy drive retention, and how attention behaves across a training day. You then turn that theory into practical design decisions.

CORE TOPICS

Adult learning principles · objectives · session design · assessment



Design & delivery

1

DESIGN THE SESSION

Structure content into clear modules, build activities that earn their place, and design materials delegates will actually use afterwards.

2

RUN THE ROOM

Voice, pace and presence, question technique, managing dominant or reluctant delegates, and recovering when a session goes off plan.

07 · WHERE & HOW

Venue or in-house

Attend the two-day course at our Bridgend-area venue in South Wales, with parking, refreshments and materials included. Or we deliver the same programme in-house across Wales, tailored to your sector.

BOOK YOUR PLACE
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What you leave with

1**CONFIDENCE FROM MINUTE ONE**

The muscle memory to open, run and close a room — practised, assessed and fed back on across both days.

2**A TOOLKIT THAT TRAVELS**

Session plans, design templates and a certificate of attendance you can evidence to employers and clients.

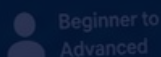


Excel Course From Basics to Beyond

Learn Excel skills to work smarter
and achieve more



ASCENT
TRAINING WALES



Beginner to
Advanced



Practical
Exercises



Real-World
Examples

READY WHEN YOU ARE

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Train the Trainer

two intensive days with Ascent Training Wales

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