



# Maintain the Energy

Plan ahead to manage the energy in the room when you train.

**Name of Session** \_\_\_\_\_

**Date** \_\_\_\_\_ **Location** \_\_\_\_\_

Music to use before and after session, and during pair/group discussions:

*Can you load it directly on your laptop to avoid having to handle an MP3 player or CDs?*

Preventing "dead air":

*Which tactics will you build into your presentation to warm up participants and get them talking?*

Recovering "dead air":

*Which tactics will you have ready to counter unexpected silence or raise the energy of quiet groups?*