

Tips for Training Weekends

Getting the most out of the event

Getting to the event:

- First, make sure you send in your application on time. We must adhere to deadlines to give the Event and Training Co-ordinators enough time to confirm accommodation and training rooms and to ensure we have enough Trainers.
- Give yourself plenty of time to get to the event. Find out who else is going and, if possible, travel together. Not only does it help keep the travel costs down, it is much safer and more fun to travel with someone.
- If possible, try to arrive early so you can check into your room and "nest" before starting a busy weekend schedule.
- Try to leave your worries and cares behind. Bring an open mind, your sense of humour and willingness to learn. Treat this as an opportunity to give yourself a break.
- Make sure you allow yourself time for dinner. A snack is usually served on the first evening of the event – but not until 9:30 or 10:00 p.m. It's hard to keep your mind on learning and fun when you're hungry.

At the event:

- Be sure to register so we know you've arrived. If you are going to be late, please call the Event Co-ordinator and give her an estimated time of your arrival. Usually, you will receive a packet with a schedule for the weekend and perhaps participants' names.
- Do your best to be on time for sessions. Trainers will generally begin promptly – we always have a lot to share in what seems such a short time.
- Line ups at meals and coffee breaks are inevitable – be prepared and relax – this is a great time to meet others and chat. Introduce yourself and make a new Guiding friend. Please let the Trainers go first – they need to prepare for their next session. A great deal of time and thought goes into the selections of the menus – but remember, we can't please everyone. A meal may be served that is not your favorite.
- Keep in mind that others behind you in line are also hungry and would like a choice of food available. In a hotel situation, we rarely run out of food, but substitutions may have to be made if some people really load up on their favorites.
- There are many sessions and activities planned for a weekend training, which makes for long days. Attending the weekend is not meant to be an endurance test. If you feel exhausted and absolutely "brain dead" take a break – put your feet up. This is "your" weekend.
- Use discretion regarding alcoholic beverages, when girls are present alcohol is not allowed. It is quite possible that Senior Branches girls are attending the training sessions or helping with them. Hotels offer the opportunity to relax and chat with friends – perhaps over a drink in the evening – please remember that you are representing Guiding.
- Evaluations are part of any event. You may be asked to fill out an evaluation form for each session you attend. As well, there will probably be a general "event" evaluation

for your overall comments and suggestions. Trainers and hosts need valid, constructive comments to assist in planning the next event, suggestions on how to improve any aspect of the weekend are welcomed.

After the event:

- On your way home, share what you learned during the weekend.
- If you think of something you should have put on the evaluations or want to tell us, send a note the Event or Trainer Co-ordinator or to the Provincial Training Committee.
- Once you have attended a weekend event, we consider you a marketing representative for Training – tell others about the learning opportunities and the fun to be had at these events.
- Watch *The Buffalo* or your Area newsletters for other training events you may want to attend.
- Bring a friend – or two – or three – or four...

Weekend trainings provide wonderful opportunities to gain new skills and knowledge, to share ideas with others, to meet new friends and renew acquaintances. When you remove yourself from your daily routine, you give yourself the opportunity to learn throughout the entire weekend – between training sessions as well as during the sessions.

Weekend events are in some peoples, the best value for your money and time. You receive top-notch training on various stimulating topics. You don't have to cook, the only person you have to discipline is yourself. You can spend time with your friends.

Treat yourself to a training weekend and put a little fun in your life.

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