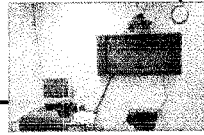


## Bridging The Distance: Coaching for Excellence in Training

Asilomar 2007



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## Best Practices

- How to structure a training message
- How to incorporate theatre
  - Wardrobe
  - Actions
  - Voice
  - Props

## Coaching

- Communication skills for presenters & trainers
- Tips for video communications & media interviews
- Feedback



## Wardrobe

- Dress conservatively
  - Solid colors, no stripes
  - Minimum jewelry
  - Moderate makeup
- Glasses
- Props – look the part

## Agenda

- Present for three minutes
- Self-evaluate
- Review with coach
- Present again, incorporating three refinements

You are already good at presenting... let's strive for great!

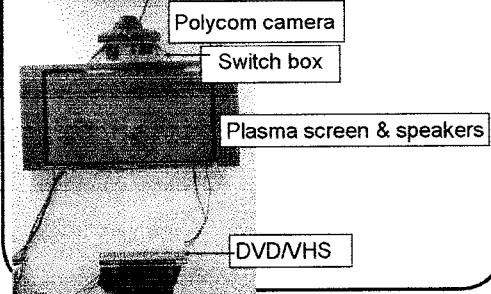
## Actions

- Where to stand
  - Audience or camera
  - Lighting & visuals
- Movement
- Being interviewed onsite?
  - Look at the host

## Voice

- Enunciate
- Slow down, wait for lag
- Inflect
- Avoid noise
  - Papers
  - Ambient noise
  - Sound system feedback

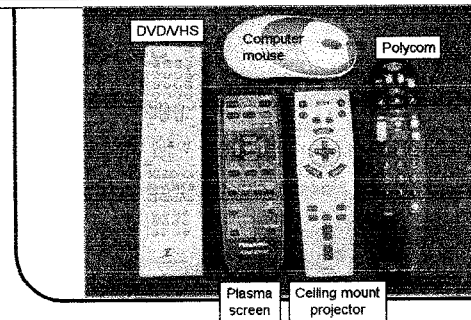
## Typical Equipment



## Props

- Remotes, computers, buttons
- Realia
- PowerPoint
  - Reading versus accentuating
  - Legibility & colors

## Remotes



## PowerPoint

- I know you can't read this but....
- One concept per visual
- <21 words per visual
- >24 point sans serif type
- About yourself

## Basics

- Lesson plan
- Adult learning
- Play/humor

## Theatre & Technology

- Establishing the crew
- Setting the stage
- Casting the actors
- Costuming
- Sound
- Lights
- Rehearsals



## Dress rehearsal

- Rehearse
- Evaluate the room



## Resources

- American Society for Training and Development (ASTD). [www.astd.org](http://www.astd.org)
- Carliner, S. (2002). *Designing e-learning*. Alexandria, VA: ASTD.
- Neimeyer, D. (2003). *Hard facts on smart classroom design: Ideas, guidelines, and layouts*. Lanham, MD: Scarecrow Press.
- Rydesky, M. M. (2006) *Checklist for events requiring telephone or video connections*. Anchorage, AK: Eastern Aleutian Tribes.

## Coaching Time

- Practice
- Perform
- Evaluate
- Perform

## Mary M Rydesky

Mary M. Rydesky, M.S., MBA, has experience in for-profit, not-for-profit, voluntary, academic, & tribal healthcare. She has operational, consulting, & clinical backgrounds, specializing in healthcare systems, planning & operations, provider relations, electronic/technology systems management, & distance learning. Her perspective as a marketing professional has proven beneficial to clients whose goals include sustainability through quality customer/patient satisfaction, communications, & procedural efficiency. She served on the faculty at UT Southwestern Medical School where she taught Health Services Administration prior to developing a similar program in Alaska at both graduate & undergraduate programs for Alaska Pacific University. A graduate of University of Texas, Southwestern Methodist University, & Marymount Manhattan College, she is pursuing a Ph.D. in Health Services Administration.

While serving in Alaska's tribal healthcare system, Ms. Rydesky developed the Distance Learning Network from the grant funding stage through product delivery. The DLN offered the first basic training for Community Health Aides in 2007 & now features 125+ courses. As CIO - CLO, Ms. Rydesky also manages technologies such as telemedicine, telecommunications, & related systems to facilitate patient care & clinic management for Eastern Aleutian Tribes.

Reach her at [mrydesky@yahoo.com](mailto:mrydesky@yahoo.com) or [marvr@atribes.net](mailto:marvr@atribes.net). 907-564-2518 or 227-2383.