



Honor The Tushie!

Winston Churchill once said, “The mind can only take in what the seat can endure.”

In other words, honor the tushie!

To ensure your learners’ minds are engaged and their bottoms are comfortable, take care to have the right space, the right seat and the right movement.

Space

Plan on at least two feet of table space per person. Period! Anything less will most definitely produce cranky, crabby, unengaged learners. Also, look at the arrangement of the space. Do you have the room set up in U-shape or pods to encourage interaction? You may need to get creative if you have limited table options in the room (see the Movement information below).

The Seat

Try out the chairs that the learners are going to use. If *you’re* uncomfortable, they will be too! A padded seat (bottom and back) is optimal. And adjustable and/or ergonomically designed seats are even better. If you don’t have access to nice chairs, you will want to plan activities that have learners standing and moving around frequently to help them stay engaged (and take their mind off their tushie!).

Movement

Getting folks up and moving is key, especially after lunch and those afternoon lull times. Asking learners to move about the room to sit with “new” folks is always an energy booster. What about those of you who have only a boardroom table or classroom style tables bolted to the floor? Incorporate movement AND standing to get small group work done.

For more information on comfort and movement, click [HERE](#) and check out our workshop, *Facilitate Training With Impact!*

Now go and take care of those tushies!

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We're all on this journey together!

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