

## Train the Trainer by Judy McKee

There are no accidents.

If you have the job to train or teach others...then...Go to it!

The privilege of the teacher is in the opportunity to learn. Be a step ahead of the student, the job is to pass on the knowledge to the student. Master something and then share it.

I woke up one morning last week and I didn't want to give another lecture on the same old stuff. The feelings that were coming over me were of hopelessness and not making any difference and the heating system blasted all night in the hotel room...it was Wisconsin: cold and dreary. The noise from the heater was constant and I was unable to sleep and when the morning came, I didn't want to get up. And go do what I love to do: Train others.

Hotels and airplanes have been my traveling life for 20 years. And I know it's my job, my calling to share my knowledge and experience with call center personnel but today, I don't want to get up and I am blaming it on the heater, the temperature, and my frozen toes.

It is shocking to be low...I'm the motivational one, full of energy, and a person who takes great joy in shifting the molecules around. My heart is heavy and I don't want to go to work. WOW, this has never happened to me. I feel like Jerry Maguire just before his breakthrough. Yes, first a breakdown and then a breakthrough. Right!

The motivator is not motivated, the teacher is tired of sharing, the trainer is bored with herself and her own "stuff." The doubts of 20 years loom large and take up every space in this stuffy hotel room. The attic of my mind is full of trash, lazy thoughts, ego-minded cynicism, fears of a wasted life doubts about my own usefulness and crammed with evidence that others don't listen. Maybe, I don't make any difference after all!

First intention then enlightenment

- When you know -You know you know
- You know and knowing allows you to put your faith to work instead of
- Working on having faith

The way is in the training.

The training is retained through repetition and practice.

Experience gained through practice brings enlightenment.

Enlightenment is the first step in knowing.

First intention....then enlightenment.