

6. Tips For In-Person Training

Pre-Prep

- Links: It is possible that some of your attendees will not be able to make a note of links. If you have their email address you can send them these or you can also produce a handout of essential links / QR codes.
- There are Extinction Rebellion GDPR compliant [paper sign-up forms](#) you can print off as well as QR codes for signing up to XR Local Groups
- Bustcards: It would be a good idea to print off the [up-to-date bustcards](#) for your area for people to keep.

Introducing Yourself

- As we refer to Facilitators throughout the workshop please introduce yourself before the video begins. We suggest that you say you are the 'third trainer' and will be actively leading them through parts of the session.
- Future meetings: You may wish to give information about your next meeting, action or event.

Check-Ins and Check-Outs

- Check-in: Before you start the video you might like to ask people to do a brief check-in. If your group is new or there are people new to your group this can help as an ice-breaker. Check-ins usually consist of their name, preferred pronouns, how they're feeling and what they hope to get out of the session.
- Check-out: It is always good to end with a 'how are you feeling and what are you going to do with what you have learned today?' Speaking an intention out loud gives it more meaning. People may also wish to get together with others with similar intentions.

Closed Captions and Tech

- Check if people need closed captions and if so, enable captions using the CC button below the video.
- Breaks/timings Guidance about breaks is above but you can also 'read the room' or negotiate break times with attendees.

- You will need to know how to share the video on a screen and how to pause whilst leading discussions. Full [Cinema for All guide](#) for projecting and small screens.

Safeguarding

Check that any participant who is under 18 or vulnerable has an appropriate adult with them. Check that the appropriate adult is present at the beginning and joins the discussion groups. Read XR's [Safeguarding Policy](#).

Donations

We have mentioned donations to XR in the video. Please remind people that XR is almost entirely run by volunteers and funds are critical. This video contains the most up-to-date information, so that you know how to safely take Nonviolent Direct Action. It would be greatly appreciated if you would make a donation to XR so that we may continue our work.

[**DONATE HERE**](#)
