

Advantages of 2-day delivery

If you can learn in just one day, why use two? Well, largely it's because the success of StarTouch depends on TWO factors:

1) **The Trainer's (initial) Inspiration:**

In other words: the innovative & motivational instruction delivered at the initial training event itself

...and **equally**...

2) **The Participant's (on-going) Perspiration!**

That is: the degree to which they grasp, understand & successfully adopt, (and perhaps more importantly diligently & accurately pursue) the correct practice regime in the days/weeks following the course. This means: the correct practice techniques, correctly implemented, in the correct sequence; and as much as possible as soon as possible.

This second factor is significantly supported by an extended, gentler-paced, initial training event.

Trying to put it in a single (long-ish) sentence: the more exposure the participant can afford to have, *right at the start, and under the watchful eye of the trainer*, to the practice techniques they'll need to continue using... the more likely they'll get going quickly and accurately, and continue practising in the most effective way, to realise the biggest impact in the shortest time *after the course*.

That's it, really.

But if you'd like more details - or you think an analogy would help you, then read on ...

Further Details on the Benefits of a 2-day delivery

An extended, more gentle-paced delivery provides **more time** for students to initially take in, reflect upon and check their understanding of each element of the learning.

A **short gap** after the main learning content (on Day 1) – even just one or two nights – is really useful. It's an opportunity for:

- much of that learning to be consolidated before the rest is added;
- essential practice techniques to be tried out with trainer feedback soon afterwards;
- a period of time when the conscious brain is occupied with other matters, leaving the subconscious to continue processing what's been learnt (it's hard to explain briefly just how valuable this is, but it ties in closely with the 'brain friendly' training principles & techniques the course is built on).

And perhaps most importantly, there's more time over 2 days of delivery for:

- modelling the **best practice techniques** for each stage of the implementation journey the participants will be trained to follow.
- letting the participants take their **own first steps** on that journey – straight away, under supervision, and for an extended 'try' rather than just a quick 'taster' (which is all that's possible in the one day course).



This will give them more insight into where their learning (and practice!) will take them, and actually lets them see some initial encouraging progress before the training phase is over and they're on their own for implementation.

It's still a drop in the ocean compared with the practice they'll need to do afterwards. But it can make a big difference to have that little bit more opportunity (with time already scheduled, and the trainer supplying some of the required discipline!) to experience not just the learning, but also enough of the *right type of practice* and the sort of results it can deliver in even quite a short time.

The result is a much more effective 'launch' (see analogy below!). Participants receive a greater reinforcement of their initial learning and are not left so totally to their own devices to get going with the all-important practice phase, once the dust from the training event settles!

Rocket Analogy

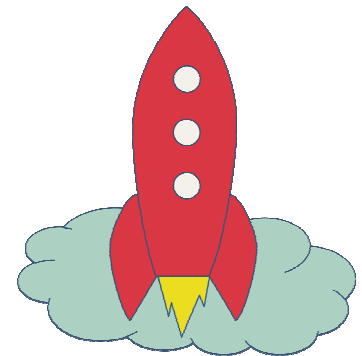
In case an analogy helps, you could think of the challenge each person faces - of learning, practising & eventually mastering touch typing, as a "Mission to Venus".

The whole journey will of course take quite a long time. But it has to start somewhere. In this scenario, the 2-day training event is a combination of:

- a) building the rocket, programming its systems, training the crew and launching it; in other words, ensuring that everything is correct and in place on the Launchpad... and getting it off the ground successfully, pointing in the right direction!

...plus...

- b) thorough testing of all systems as the launch happens to ensure they can continue working as planned for the whole journey; also some initial, crucial *guidance* and *tracking* through the turbulent atmosphere, checking the rockets stay alight, fine tuning the power & control systems and ensuring it's still on the best possible trajectory as the rocket exits the atmosphere.



The 1-day course is like the first bit (a) - combined with a very cursory run-through of all the activities from (b) - but leaving the majority of the crucial trajectory checking and adjustment work in the lap of the participant to manage themselves...

NOTE: whether 1 or 2 days, the course cost includes an offer of on-going, individual follow-up (ie email coaching/nudging/coaxing).

Experience suggests this offer is more likely to be taken up and fully exploited after the 2 day course, because people have already started their personal journey more effectively.

Often (perhaps even usually) it's the people who never get around to starting their practice regime after the course (which might be more likely after just one day) or find it peters out, who most need the on-going coaching, but are least likely to call on it. Hence, sometimes clients can consider requesting additional paid-for follow-up coaching to back up the course.