

# From Zoomed out to Zoomed in

## 10 tips to stay alert and awake during training

Did you know that stimulating multiple sense helps you to stay alert and retain information?

We share these top tips with all our delegates before each training session, try them and see the difference they make

### Top Tips

- Keep an activity box on your desk; if you have them, include tangle toys, fidget cubes and similar. If you don't, then lots of household objects can be used (i.e. bracelets, rubber bands, blue tac).
- Print out some colouring sheets.
- Keep a pen and paper close by for doodling.
- Tap your foot, roll your shoulders or head.
- Do you like knitting, crocheting, or doing jigsaw puzzles? These are perfect activities for accelerated learning.
- Eat/drink (e.g. sweets, fruit, coffee, water (with your mic off please)).
- Are you a parent? Search your child's toy box – things like play doh and Lego are perfect. Scrabble tiles are also really good – create the words that you want to stay in your head.
- Engage orally, answer and ask questions where appropriate.
- Find a ball, apple, anything round – this is perfect to roll around your desk.
- Stand up every 10 to 20 minutes and stretch.

Although this has been written from a training perspective, it can just as easily be applied to a meeting situation.