



COMMAND THE ROOM!

A 4-Part Experience for Facilitators Who
Want to Lead with Confidence, Connection,
and Impact



info@yourhealthyreality.com



www.yourhealthyreality.com



About the Program

Delivering information is easy. *Inspiring transformation takes skill.*

The **Train-the-Trainer Intensive** helps learning and development professionals, facilitators, educators, and leaders master the art of engagement, connection, and storytelling.

You'll learn how to **command the room**, build trust in minutes, and deliver experiences that drive results long after the session ends.

Who Should Attend:

- **Trainers & Facilitators**
- **HR & Learning & Development professionals**
- **Team leads & Program Coordinators**
- **Coaches and Educators**

What You'll Gain

After completing this 4-part experience, participants will walk away with:

- A **powerful 1-minute trainer introduction** that builds instant connection
- A **3-minute storytelling framework** to captivate any audience
- Tools to **manage nerves and project confidence**
- Strategies to **energize and engage groups in real time**
- The ability to **design sessions that stick** and drive measurable results

Program Format:

4 sessions (3 hours each) | *Available virtual or in-person*

Session 1: The Power of Presence — Mastering Trainer Confidence & Connection

Summary: Learn to command any room with authenticity and confidence. Build your personal facilitation presence and craft your signature 1-minute introduction and 3-minute story.

You'll Learn To:

- Build self-awareness of trainer energy and impact
- Open with confidence and authenticity
- Craft a personal narrative that builds trust
- Manage nerves and reframe fear into fuel

Session 2: Commanding the Room — Facilitation Techniques that Inspire Engagement

Summary: Learn the art of real-time facilitation — reading the room, keeping momentum, and turning passive learners into active participants.

You'll Learn To:

- Apply adult learning principles to maximize engagement
- Use body language, tone, and pacing to lead effectively
- Navigate challenges and maintain group energy
- Facilitate interactive, high-energy experiences

Session 3: The Art of Storytelling & Emotional Influence

Summary: Transform content into connection. Harness storytelling and emotional intelligence to make every session memorable..

You'll Learn To:

- Structure stories that inspire and teach
- Build emotional connection with diverse audiences
- Use vulnerability as a tool for impact
- Integrate stories seamlessly into your training content

Session 4: Designing Experiences That Stick — Turning Learning into Impact

Summary: Learn to build cohesive, results-driven sessions that participants remember — and act on.

You'll Learn To:

- Design learning experiences for retention and engagement
- Integrate storytelling, facilitation, and presence into one flow
- Deliver a 10-minute micro-session for peer feedback
- Build your personal "trainer brand" for continued growth

About Char Newell, CCLC, sHRBP



Char Newell is the CEO and Chief Corporate Life Coach of Your Healthy Reality, a **certified WOSB/WMBE** organizational development firm specializing in leadership development, team-building retreats, strategic human resources services, and professional development trainings.

With over 18 years of experience as an HR Executive, Char brings a powerful blend of business strategy, emotional intelligence, and people-centered coaching to organizations across the country. She is a Certified Corporate Life Coach and Certified Strategic HR Business Partner, known for helping leaders and teams navigate complex human dynamics with clarity, confidence, and purpose.

Char is a contributor to the **Forbes HR Council** and a published best seller on Amazon, recognized for her thought leadership on leadership development, workplace culture, and effective communication. Her work bridges corporate strategy with human connection—helping organizations move from dysfunction to alignment.

She has partnered with leading corporations and government agencies, including **Microsoft, Google, Flagstar Bank, the NYC Department of Education, NYC Department of Citywide Administrative Services, and the NYC Office of Labor Relations**, to design impactful training programs, facilitate high-stakes team retreats, and coach executives through difficult conversations and organizational change.

Char is widely known for her ability to simplify complex interpersonal challenges and create psychologically safe spaces where people feel seen, heard, and empowered to grow. Her signature frameworks—including the **Difficult Conversations Coaching Model, Team's Puzzle Dynamics™, and the C.A.R.E. Approach**—reflect her core belief that leadership starts with self-awareness, connection, and healthy communication, the true foundation of every thriving workplace.

What Makes This Series Different

- ✓ **Participants don't just learn — they leave with assets.**
Every session is designed so trainers walk away with tangible materials they can immediately use, including a powerful 1-minute introduction, a 3-minute storytelling framework, and facilitation tools they can apply the very next day.
- ✓ **Built on presence, not performance.**
This series goes beyond presentation skills to focus on trainer presence, emotional intelligence, and authentic connection—helping facilitators command the room without relying on scripts or slides.
- ✓ **Coaching-centered, not lecture-based.**
Each session blends real-time coaching, breakout practice, peer feedback, and reflection—creating a psychologically safe learning environment where trainers grow through experience, not theory.
- ✓ **Designed for real-world trainers and real rooms.**
Content is grounded in actual facilitation challenges—managing energy, reading the room, handling resistance, and adapting on the fly—making this series immediately relevant for virtual, hybrid, and in-person training environments.

ABOUT YHR:

Your Healthy Reality (YHR) is a certified **WOSB/WMBE organizational development** firm that partners with organizations to strengthen leadership, elevate teams, and build healthy, high-performing workplace cultures.

At YHR, we believe sustainable performance starts with self-awareness, connection, and communication. Our work blends leadership coaching, team development, strategic human resources services, and professional development training — all delivered through a **coaching-centered approach** that meets people where they are and moves them forward with clarity and confidence.

We work with corporations, government agencies, nonprofits, and educational institutions to design experiences that don't just inform — they transform. Whether facilitating a leadership retreat, training managers, or coaching executives, YHR focuses on practical tools, honest conversations, and measurable growth.

Our clients don't just walk away with ideas — they leave with language, frameworks, and behaviors they can apply immediately to lead better, communicate clearly, and create healthier work environments.

Facilitated By

Your Healthy Reality

Leadership Development | Team-Building Retreats | Professional Development

- Contact: **929.489.2341**
- Email: **info@yourhealthyreality.com**
- Website: **www.yourhealthyreality.com**

DOE Vendor: **YOU148600**

NYC Vendor: **VS00082911**

