

# The Course Design Canvas

Course *Training From the Back of the Room*

Duration *2 days*

## Attendees



¿What is the profile of the people attending the course?  
Do they belong to the same team, department, organization ...?  
How many potential attendees are expected?

- Teachers/Trainers
- Speakers/Presenters
- Agile Coaches & Trainers
- Anyone who needs to engage an audience!
- Limited to 36 participants

## Prerequisites



Is there any basic knowledge that attendees should have?  
Are there any certifications required?  
Should they have to pass a knowledge test prior to the course?  
Is there any necessary experience related to course contents?

- No formal pre-requisites
- Experience in delivering training or group facilitation

## Contents



What contents should be included?  
What is the approximate timing?

### Day One. Brain Science and Learning

- Warm ups: Pre-workshop Activities
- Top take-aways. Learning Outcomes
- Suggestions for Success
- The 4Cs Map
- Trainer's toolbox
- Concept Centers
- Brain Science and Human Learning
- The Six Trumps.
- The Gallery Walk
- Learning Log

### Day Two: Designing Brain-Based Training with the 4Cs Map

- The 4Cs Map
- The RAS and the Triune Brain
- Six Ways to Move Information into Long-Term Memory
- The 4Cs Toolbox
- Instructional Design Reminders
- Creating your Own 4Cs Map
- Learning Log

## Learning Objectives



What are the learning outcomes?  
What should the attendees know after the course?  
Which concepts, techniques or tools should they have learned?

- Explain and define the most current brain science about human learning – information that is directly applicable to all instruction, whether in classrooms, one-on-one, or computer-based.
- Apply “The Six Trumps” – six learning principles based on brain science that will significantly enhance learning and retention, regardless of the content being taught.
- Recognize these six learning principles in action.
- Use these principles in any learning environment: classroom, elearning, one-on-one, small and large group instruction.
- Combine brain science and technology and enhance learning by using both in creative, collaborative ways.
- Access new resources that will expand your knowledge of the most current brain science about human learning.
- Utilize a trainer's toolbox of practical tips and activities – a collection of best practices that you created during the training program.
- For Agile coaches and Scrum trainers: Combine Agile and Scrum processes and principles with Accelerated Learning to create collaborative, interactive, fun and memorable learning experiences.

## Pre-course



Should students perform any tasks prior to the course?  
Read an article, watch a video, take a test ...?

- Warm-ups based on Sharon's microcourses at <http://bowperson.com>
- Aprox. 2-3 weeks before the course
- Read “The 6 Trumps” presentation
- Recommended:
  - Interview an expert
  - Watch “Move. Don't. Sit. Still” and “Sticky Teaching” at [Slideshare](#).

## Materials



What learning materials will be delivered in the course?  
Which formats, in what languages?  
Are there specific technical requirements or materials that the classroom should have?

- “Training from the BACK of the Room! 65 Ways to Step Aside and Let Them Learn.”, by Sharon Bowman
- “Using Brain Science to Make Training Stick.”, by Sharon Bowman
- Participant workbook “Learn It Fast and Make It Last.”

## Methodology & Exercises



Is it a classroom, online, or blended course?  
What kind of exercises will be done during the course?  
Is there balance between lecture, practice, and evaluation activities?

- Face to face course
- All activities are designed with 4Cs approach, and following the 6 learning principles, based on the best brain-science.

## Post-course



What activities will be carried out once the training ends?  
Do we need to follow-up?  
Is there a test or exam to evaluate the knowledge acquired?

- Individual next-steps to continue this life-learning journey