Based On Training from the Back of the Room

**TBR**

Combination of Resources, Techniques, and Principles

How our brain works during the learning process. Designed to guide teachers to design and deliver training that really helps students learn.

TBR describes six aspects (the 6 Trumps) to improve training:

- **Movement trumps sitting.**
- **Talking trumps listening.**
- **Images trumps words.**
- **Writing trumps reading.**
- **Shorter trumps longer.**
- **Different trumps same.**

As well as four types of actions (the 4 Cs) that are included when designing training activities:

- **C1: Connections**
  Students make connections with what they will learn, with what they already know, with classmates, etc.
- **C2: Concepts**
  Students acquire new information.
- **C3: Concrete Practice**
  Students apply the information acquired.
- **C4: Conclusions**
  Students summarize what they learned.

At Netmind, we apply the principles and practices of TBR when designing all of our courses and training activities.