



## Training as Song and Dance?

by Shirley Fine Lee

We all are looking for new and different activities to add pizzazz to our training sessions to make our key points more memorable. Ever consider using a song or developing a jingle to enhance concept memory? What about teaching a dance step to add an element of fun to make the learning memorable?

Using music to enhance learning has been around for some time. We have used this concept for some time in team training. Here we saw that having the team write a song or jingle about their team or work often helps build the team's cohesiveness. Ever thought of moving that concept into other areas where you as the trainer write the jingle? For example, I do a time management seminar that teaches the participants the four key things they need to remember for good time management. I teach them this as a rhythm they can repeat fitting the acronym for my time management process, what each of the four keys or steps are, then a summary line that ties the acronym and steps to time management. What are you having your training participants' rhyme or sing about? Ever have anyone leave your training room humming?

When I teach my four time management steps, I also teach the participants a variation of a simple 4-step dance move that is used in many line dances. Each step of the move corresponds to a step in the time management process. During the training, the participants individually learn the dance and the concepts. Then as a review they can form teams and do their own chorus line version, adding hand movements or special kicks while saying the process steps as they line dance together. With the popularity of dance shows on television, are there any simple dance steps you can learn, teach, and use to emphasize key concepts? What can you do to get your training participants up moving, shaking, and remembering?

So next time you are looking for something different to make key points more memorable or add pizzazz to a training session, consider using song or dance. Then let us know what you did to make your learning more memorable for the participants.

**About the Author:** Shirley Fine Lee is the author of "[R.A!R.A! A Meeting Wizard's Approach](#)", which is a quick guide to planning and conducting meetings so that they are as productive, effectual, and smoothly run as possible. She has considerable training and expertise in leading effective meetings herself, as well as training others within the corporate world to be able to do the same. Shirley has worked as a training and development specialist since 1986, and an independent consultant since 2000. She has extensive experience helping organizations with their team building, training development, meeting facilitation, presentation delivery, and other communication needs. You can find out more about Shirley and how to contact her on her website at [www.ShirleyFineLee.com](http://www.ShirleyFineLee.com).