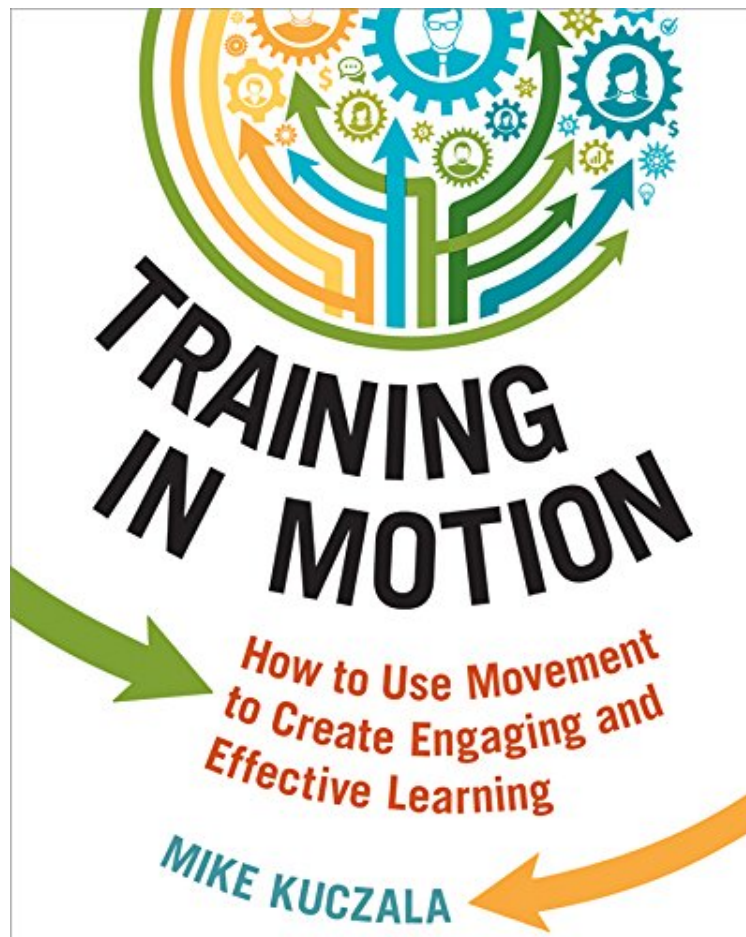


# Training in Motion: How to Use Movement to Create Engaging and Effective Learning

Mike Kuczala

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**Mike Kuczala : Training in Motion: How to Use Movement to Create Engaging and Effective Learning** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Training in Motion: How to Use Movement to Create Engaging and Effective Learning:

0 of 0 people found the following review helpful. Five StarsBy CustomerA good reference book0 of 0 people found the following review helpful. Five StarsBy Music LadyAwesome, great ideas!0 of 0 people found the following review helpful. Bang for your buckBy SARACheapest price i found for a college textbook

When people are kept from moving; whether they're sitting through a presentation or stuck behind a desk; they become restless and their attention waivers. Yet most training ignores the innate human desire for motion, resulting in participants learning less. Based on the latest neuroscience research, Training in Motion explains how movement enhances learning and introduces a unique and highly effective way to energize an audience and

increase retention through simple body-focused techniques. The book shows readers how to: Tie lessons to movement to reinforce concepts Manage learners' physical and emotional states to increase engagement and bolster memory Use posture, physical gestures, and other movements to command interest Employ quick physical breaks to efficiently refocus students Turn lackluster sessions into high-achieving learning environments Practical, accessible, and packed with activities, this one-of-a-kind book helps readers add a kinesthetic component to their training so that participants stay motivated, and apply what they've learned long after they've left the classroom.

“...will shake up...quite literally...the way you design classroom training and blended learning programs.” --TD Magazine From the Back Cover Learners need to move. No doubt you've noticed when training participants get antsy: shifting in their seats, restless, their attention drifting away. When you ignore the innate human desire for motion, participants learn less. Far from a necessary evil employed during breaks to keep learners from falling asleep, physical movement can be used to increase retention, reinforce concepts, and energize an entire session. Packed with activities and based on the latest neuroscience research, *Training in Motion* shows you how to:

- Manage learners' physical and emotional states to increase engagement and bolster memory
- Use posture, physical gestures, and other movements to command interest
- Employ quick physical breaks to efficiently refocus trainees
- Turn lackluster sessions into high-achieving learning environments

Practical and accessible, this one-of-a-kind book gives you the tools and exercises you need to keep participants motivated, and ensure that they apply what they've learned long after leaving the classroom. MIKE KUCZALA is President of Kuczala Consulting, and the Director of Instruction for the Regional Training Center, an educator development firm. He has designed or co-designed three of the most successful courses in RTC's history—all incorporating movement into training. Connect with Mike at: [www.mikekuczala.com](http://www.mikekuczala.com) Twitter: @kinestheticclass

**Advance Praise for *Training in Motion*:**

“This book will take you on a deep dive as you explore the critical importance of incorporating movement into learning and presentation opportunities. I have personally seen the results of incorporating Mike's discoveries in our company's presentations and sales opportunities. Without hesitation I can tell you: Read the book! Then read it again and incorporate it in all your endeavors.” —Chris Heinly, President and CEO, LH Companies

“Offers extremely helpful and valuable tips to involve movement to help us learn.” —Tom Strauss, President, Irwin Ventures, LLC (Former Owner and Operator of Emotion Kayaks)

*Training in Motion* provides a truly refreshing, relevant, and very effective approach for improving presentations and training efforts by incorporating the benefits of movement. The phenomenon of movement as a powerful presentation technique is undisputable. Well researched and with his own extensive experience, Mike has pulled together an insightful and valuable resource.” —Scott R. Carpenter, CEO, Savor Street Foods, Inc.

“His methods can transform the way we learn and retain new information. A must-read!” —Patrick J. Shields, Owner/President Fromuth Tennis

**About the Author MIKE KUCZALA** is President of Kuczala Consulting and the Director of Instruction for the Regional Training Center, an educator development firm. He has designed or co-designed three of the most successful courses in RTC's history—all incorporating movement into training.