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Teaching Tip

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Be Efficient with Programs and Activities When Teaching Adults

Adult clients have jobs, sometimes children, and tons of responsibilities. Pack every program with information and useful activities. Consider balancing instruction time and hands-on learning. Use the unique personality of each group to teach the program and select the activities that will engage and entertain to some degree. Pair highly motivated people with those less skilled to create peer encouragement and mentoring. Research indicates that people who are interested have higher attendance and are more motivated to change.

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