

## Worksheet 4: My Training Approach

As Trainers, it is important to understand our values and to consider how they shape our behavior in the kitchen. Identifying your own values is the first step. Your Training Approach is the eighth and final component of your Training Plan.

Instructions: Answer the two prompts below.

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**My Teaching Values:** What are your teaching values? What kind of teacher would you like to be?

**Training Approach:** How can I put these values into practice as a trainer?