



GWRRR University currently offers many training opportunities for your Chapter. A list of the Modules, Seminars and One-Day Workshops you can choose from is below along with a short description of each type of training.

If you would like to schedule a Training Day for your Chapter or talk about how beneficial training can be for your group, please contact either Gerry & Bonnie VanArt, PA District University Coordinators or Tim & Crystal Brakebill, PA Assistant District University Coordinators. Visit the PA District website, www.gwrrapadist.org, and click on the Training tab for more information.

Modules are outcome-focused training designed to bring participants to a new level of understanding through instruction and interaction. Because of the interactive teaching style, the Instructor may choose to use a rip chart in presenting rather than a computer setup (laptop, projector, and screen) based on the group and location. Schedule about 90 minutes for a Module and follow-up with the Instructor. Take a minute to read through the titles and descriptions. Is there a module that would be helpful to your Chapter or your Chapter Team? Or pick one just for fun . . . *Say What?*

Seminars are presented using a computer setup (laptop, projector, and screen) to large and small groups. Although many of the Seminars have been rewritten into the Module format or retired, the remaining selection offers great information to participants. Add a Seminar to your Team Meeting or Gathering agenda. Although the time varies by Seminar, plan about 60 minutes and follow-up with the Trainer when scheduling.

| RIDE | | | |
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| Rider Education Level Requirement of Instructor/Presenter (2+) or (3+). | | | |
| 101-01 | Module | Away We Go – Trip Mapping | Removed 1.1.18 |
| 101-02 | Seminar | Co-Rider (2) | A seminar geared for the Co-Rider but equally informative for the Rider. Subjects covered include preparation for the ride, communication, riding skills, and what to do in case of an emergency. Successful completion of this seminar is a component of the Levels Program for Co-Riders. |
| 101-03 | Seminar | Dealing with Different Elements | Removed 9.7.17 |
| 101-04 | Seminar | Motorcycling for the Mature Rider (2) | As individuals age, things like reaction times, strength, and endurance change. This seminar will focus on physical change resulting from age, identifying adjustments we can make, identifying potential problem areas, enhancing the Co-Rider's involvement in the riding experience, providing a refresher for riding skills, and techniques for riding after 50. |
| 101-05 | Seminar | Motorcycle Crash Scene Response (3) | New. Prepare members to respond with knowledge and confidence when a crash has occurred. |
| 101-06 | Module | Who's Afraid of the Dark – Riding at Night (2) | New. Provide understanding, hints and tips for riding at night to overcome rider/co-rider concerns. |
| 102-01 | Module | R U Ready 2 Ride – Riding Readiness (2) | Riding Readiness: A motorcyclist must ask several questions to make sure that they are ready to go on a ride. |
| 102-02 | Module | When You're Hot, You're Hot – Riding in the Heat (2) | New. Provides tips for riders/co-riders to safely ride in the heat. |
| 102-03 | Seminar | Co-Rider Two | Removed 7.11.17 |
| 102-04 | Seminar | Helmet Myths | Removed 9.8.17 |
| 102-05 | Seminar | Night Riding | Removed 9.7.17 |
| 102-06 | Module | A View from the Rear – Co-Rider View of Riding (2) | New. Looking deeper into and sharing the co-rider's perspective, by being a more integral part of the riding team. |
| 102-07 | Module | Helmets – Fact or Fiction (2) | New. Learn about aspects of helmets and motorcycling. |
| 103-01 | Module | Dangerous Epidemic – Distracted Drivers (2) | Participants will recognize that distracted driving is dangerous and deadly |
| 103-02 | Module | Riding with New/Inexperienced Riders (3) | Discuss topics related to how new/inexperienced riders react during group riding experiences. |

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| 103-03 | Module | Only Sugar Melts in the Rain! – Riding in the Rain (2) | New. Preparing riders and motorcycle to lessen risks encountered when riding in the rain. |
| 103-04 | Seminar | Team Riding (3) | Educate and inform Members about the benefits of team riding and the suggested planning and conduct of a team ride. |
| 103-05 | Seminar | High Side Scenarios (3) | Review several scenarios which produce high-side falls. |
| 104-01 | Module | Brrr, It's Cold – Riding in the Cold (2) | New. Discussion of risk factors associated with cold-weather riding and symptoms of hypothermia. |
| 104-02 | Seminar | Running Mountains, Hills & Curves (3) | What to expect, how to prepare and a little mountain trivia. |
| 104-03 | Seminar | Trailerling (3) | Provides education and info regarding various aspects of pulling a trailer. |
| 104-04 | Seminar | How to Use the Rider Ed Database | Removed 1.1.18 |
| 104-05 | Seminar | Road Captain Course (3) | Provides members with education and info to be prepared and equipped to lead safe Team Rides. |
| 106-01 | Module | On the Level – Level Up (2) | New. Examines the Levels Program and the impact participation has on member safety, skill, proficiency and emergency preparedness. |

LEAD LIKE YOU RIDE

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| 201-01 | Module | Bad Apple – Toxic People | Provide information on Toxic People and how they will harm a Chapter if they are not handled effectively. |
| 201-02 | Module | Calm the Clash – Conflict Resolution | Leaders are often faced with conflict within their Chapter or District. Leaders must address conflict to maintain the health of their Chapter. Conflict Resolution is a tool all leaders should understand and employ. |
| 201-03 | Module | Can You Hear Me Now – Communication | Chapter Communication Plan: Increase communication to increase participation. |
| 201-04 | Module | Cha-Cha-Cha Change – Managing Change | Provide Insights and tools for managing change. |
| 201-05 | Seminar | Newsletters | Removed 9.7.17 |
| 201-06 | Module | Newsletters | Learn to recognize the importance of a well thought out newsletter for communication, recruitment, retention and enhancing member experience. |
| 202-01 | Module | Conflict It's Inevitable | Conflict Resolution & Reactions to conflict: Understand the difference between react and respond. |
| 202-02 | Module | Do You Have a Minute – Giving Feedback | New. Officers will realize the importance of feedback and learn constructive ways to offer it. |
| 202-03 | Module | My Enthusiasm Counts – Chapter MEC Role | Role of Chapter Membership Enhancement Coordinator: Provide an understanding of the role of the Chapter Membership Enhancement Coordinator and demonstrate approaches to ensure success in the position. |
| 202-04 | Module | Retention is Important – Retention | To understand that Retention is a strategy rather than an outcome. |
| 202-05 | Seminar | Remembering Names | How do you remember the names of people you may only see infrequently? Learn the memory skills to help you remember. |
| 203-01 | Module | Road Trippin' – Setting Goals | Assist Chapters and Districts with setting goals. |
| 203-02 | Module | Row, Row, Row Your Boat – Delegation | What is delegation? Understand the purpose of Delegation. Use delegation to increase involvement and decrease the "work load" on one individual. |
| 203-03 | Module | Talk to the Elephant – Difficult Conversations | You will learn how to handle difficult conversations more effectively. |

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| 203-04 | Module | This One's for the Girls – Women in Leadership | Women leaders in GWRRA are in a unique position. Networking with other women provides an opportunity to share successes and challenges. |
| 203-05 | Seminar | Public Speaking Skills | Learn how to dispel fears of public speaking and learn skills to becoming a better speaker. |
| 204-01 | Module | Underestimating Leadership – Leadership & Decision Making | To assist officers in understand their role as a decision make and leader. |
| 204-02 | Module | We're Doing What – Planning a Chapter Event | Understand how to plan and execute a successful event. |
| 204-03 | Module | Bee Smart – Train your Brain | Participants will learn ways to keep their memory sharp and their mental acuity intact as they age. |
| 204-04 | Seminar | Leadership Survival Skills | Removed 1.1.18 |
| 204-05 | Seminar | People Based Leadership Skills | Removed 1.1.18 |
| 205-01 | Module | Checks & Balances – Chapter Finances | Provide information about the proper handling of Chapter Finances and reporting requirements. |
| 205-02 | Module | Say What – Body Language | To make participants aware that their body language is communicating a message that is more important than what they are saying. |
| 205-03 | Module | Coaching 101 – Developing Championship Teams | New. Defines coaching, identifies when you should coach and introduces skills needed to be effective. |
| 205-04 | Seminar | Time Management | Removed 1.1.18 |
| 206-01 | Workshop | Horizon Program – Promotes Horizontal Teams | Promotes horizontal teams, communication and interactivity. |
| 207-01 | Workshop | Lead Like You Ride – Promotes Teams | Demonstrates leadership and management principles based on what we do when planning to ride. |

LIVE LIKE YOU RIDE

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| 301-01 | Module | Juggling – Work & Life Balance | Create an understanding of work & life and provide tools to balance the two. |
| 301-02 | Module | More Members – Recruitment | To understand the importance of creating and implementing a Recruitment plan. |
| 301-03 | Module | A Penny for Your Thoughts – Gathering Feedback | Feedback is an important tool for leaders. |
| 301-04 | Module | Representing GWRRA – Couple of the Year Perspective | Create an understanding and sense of what it means to be an ambassador for GWRRA as the Couple of the Year |
| 301-05 | Seminar | History of GWRRA | This seminar presents the historical milestones from the earliest days to the present. |
| 302-01 | Module | Stress Less – Stress Management | Provides participants with strategies for handling stress. |
| 302-02 | Module | You've Got Mail – Email Etiquette | For the attendees to understand how to compose a clear, concise e-mail that results in the best possible communication. |
| 302-03 | Module | Zone Out – Stepping Out of Your Comfort Zone | Learning outside the comfort zone: Participants will know that their greatest learning is outside of the comfort zone. That anxiety and uncertainty are part of growing. |
| 302-04 | Module | Take A Peek – Horizon Overview | The Horizon Program: To provide a brief overview of the Horizon Program. |
| 302-05 | Seminar | Flyers for Fun & Profit | Learn how to promote your events with colorful, attention-getting promotional materials. |
| 303-01 | Module | Just Add Spice | Building fun into Chapter Gatherings: The motto for GWRRA is Friends for Fun, Safety and Knowledge. Building fun into Chapter Gatherings needs to be planned. To keep our members, they must have fun and build relationships. |

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| 303-02 | Seminar | Helpful Information for New Members | Removed 1.1.18 |
| 303-03 | Seminar | Self Esteem – Key to Success | Removed 1.1.18 |
| 304-01 | Seminar | Share the Road: Motorist Awareness | The purpose of this seminar is to share with the public some of the hazards motorists present to motorcycles and how they can be part of the solution. |
| 304-02 | Seminar | Think Motorcycles: Motorist Awareness | Helps make people more familiar with motorcycles. |

TRAIN LIKE YOU RIDE

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| 401-01 | Officer Certification Program (OCP) – Certified Officer Trainer <i>OCP is temporarily unavailable while the course is being re-written.</i> |
| 401-02 | Instructor Training & Certification Program (ITCP) – Certified Instructor |
| 401-03 | Instructor Training & Certification Program (ITCP) – Certified Instructor Trainer |
| 401-04 | Instructor Training & Certification Program (ITCP) – Certified Coach |
| 401-05 | Lead Like You Ride (LLYR) – Certified Instructor |