

**GWRRA 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 Trainers or Tim & Crystal Brakebill, PA Assistant District Trainers. Visit the PA District website, [www.gwrrapadist.org](http://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

101-01	Module	Away We Go – Trip Mapping	The basics of mapping a trip on a motorcycle.
101-02	Seminar	Co-Rider	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	<i>Removed 9.7.17</i>
101-04	Seminar	Motorcycling for the Mature Rider	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	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	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	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	New. Provides tips for riders/co-riders to safely ride in the heat.
102-03	Seminar	Co-Rider Two	<i>Removed 7.11.17</i>
102.04	Seminar	Helmet Myths	<i>Removed 9.8.17</i>
102.05	Seminar	Night Riding	<i>Removed 9.7.17</i>
102-06	Module	A View from the Rear – Co-Rider View of Riding	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	New. Learn about aspects of helmets and motorcycling.
103-01	Module	Dangerous Epidemic – Distracted Drivers	Participants will recognize that distracted driving is dangerous and deadly
103-02	Module	Riding with New/Inexperienced Riders	Discuss topics related to how new/inexperienced riders react during group riding experiences.
103-03	Module	Only Sugar Melts in the Rain! – Riding in the Rain	New. Preparing riders and motorcycle to lessen risks encountered when riding in the rain.

103-04	Seminar	Team Riding	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	Review several scenarios which produce high-side falls.
104-01	Module	Brrr, It's Cold – Riding in the Cold	New. Discussion of risk factors associated with cold-weather riding and symptoms of hypothermia.
104-02	Seminar	Running Mountains, Hills & Curves	What to expect, how to prepare and a little mountain trivia.
104-03	Seminar	Trailerling	Provides education and info regarding various aspects of pulling a trailer.
104-04	Seminar	How to Use the Rider Ed Database	A tutorial for Educators as potential users.
104-05	Seminar	Road Captain Course	Provides members with education and info to be prepared and equipped to lead safe Team Rides.
106-01	Module	On the Level – Level Up	New. Examines the Levels Program and the impact participation has on member safety, skill, proficiency and emergency preparedness.

## LEAD LIKE YOU RIDE

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	<i>Removed 9.7.17</i>
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.
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	Excellent leaders must learn to adapt to quickly changing situations while keeping the proper perspective. They also must learn good time management skills and maintain a balance between their home, personal, work, and GWRRA life.
204-05	Seminar	People Based Leadership Skills	Leading volunteers requires special skills for teambuilding, delegating, and coaching. Learn how motivating and leading is seen from the Members' point of view.
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	In today's hectic world we never seem to have enough time. Learn how to effectively manage your time instead of the other way around.
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

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.
303-02	Seminar	Helpful Information for New Members	This seminar is directed to the new member who may be looking for a Chapter and wants to know some of the basics of how GWRRA operates and how to become involved.
303-03	Seminar	Self Esteem – Key to Success	Awareness of self, poise, and confidence are all tools to feel better about yourself and project a positive image.
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

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