



FREE Resources for  
Workplace Learning Professionals

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**1-888-35-STICK**

**CLOSERS**

## **Rubber band Closer**

***My co-author and good friend Dora Johnson introduced me to this one.***

Ask each person to review the training objectives and then to write down 1 thing they are going to do differently based on what they learned in the training. Then give each of them a rubber band that will fit easily around their wrist. Ask them to wear the rubber band for at least 30 days. Each time they look at it, they should gently snap it to help them remember what they are going to do.

If desired, have them repeat the exercise for 1-2 additional training objectives, using different colored rubber bands. Investigate the possibility of having specific training objectives or skills printed on the rubber bands.

***See More FREE STUFF for Trainers at [www.maketrainingstick.com](http://www.maketrainingstick.com)***

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