



GWRRR University currently offers many training opportunities for Chapters. 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		Rider Education Level Requirement of Instructor/Presenter (2+) or (3+).	
101-02	Seminar	Co-Rider (2)	The Co-Rider Seminar is intended to provide education and information focused on the Co-Rider's perspective, enabling them to discover their roles and responsibilities as a part of a "Riding Team". While taking more ownership of the ride, the Co-Rider will increase their motorcycling awareness and have more TEAM interaction and FUN, all while helping to provide a reduction in the risks associated with motorcycling.
101-05	Seminar	Motorcycle Crash Scene Response (3)	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)	Provides 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)	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)	Provides tips for riders/co-riders to safely ride in the heat.
102-06	Module	A View from the Rear – Co-Rider View of Riding (2)	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)	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.
103-03	Module	Only Sugar Melts in the Rain! – Riding in the Rain (2)	Prepares 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)	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.
104-05	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/My RE – Levels Program (2)	Examines the Levels Program and the impact participation has on member safety, skill, proficiency and emergency preparedness.
106-02	Module	For the Mature Rider – How Aging Effects Riders (2)	Provides participants with an increased awareness of the effects of aging on motorcycle riders.

LEAD LIKE YOU RIDE

201-01	Module	Bad Apple – Toxic People	Provides 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.
201-06	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	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: Provides an understanding of the role of the Chapter Membership Enhancement Coordinator and demonstrates approaches to ensure success in the position.
202-04	Module	Retention is Important	To understand that Retention is a strategy rather than an outcome.
202-06	Module	Remember Me? – Remembering Names	Identifies reasons why we don't remember names and provides easy to use memory techniques.
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.
204-01	Module	Underestimating Leadership – Leadership & Decision Making	To assist officers in understand their role as a decision maker 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.

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.
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.
208-01	Module	Stage Presentation for MEC & COY Coordinator	Offers tips, resources and tools to assist in the presentation of a Couple of the Year Selection Process.

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.
301-05	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	Provides a brief overview of the Horizon Program which is designed to let you learn more about yourself, GWRRA, and about being a leader.
303-01	Module	Just Add Spice – Adding Fun to Socials	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.
305-01	Module	Preparing for the Couple Selection	Gives Couples an overview of the process and access to resources they may need.

TRAIN LIKE YOU RIDE

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

Classes Removed

No.	Type	Title	Date Removed
101.01	Module	Away We Go – Trip Mapping	1.1.18
101.03	Seminar	Dealing with Different Elements	9.7.17
101.04	Seminar	Motorcycling for the Mature Rider	3.11.18
102.03	Seminar	Co-Rider Two	7.11.17
102.04	Seminar	Helmet Myths	9.8.17
102.05	Seminar	Night Riding	9.7.17
104.04	Seminar	How to Use the Rider Ed Database	1.1.18
201.05	Seminar	Newsletters	9.7.17
202.05	Seminar	Remembering Names	3.11.18
203.05	Seminar	Public Speaking Skills	11.23.18
204.04	Seminar	Leadership Survival Skills	1.1.18
204.05	Seminar	People Based Leadership Skills	1.1.18
205.04	Seminar	Time Management	1.1.18
301.04	Module	The COY Perspective	11.24.18
302.05	Seminar	Flyers for Fun & Profit	11.23.18
303.02	Seminar	Helpful Information for New Members	1.1.18
303.03	Seminar	Self Esteem – Key to Success	1.1.18
304.01	MAP	Share the Road – Think Motorcycles	11.25.18
304.02	MAP	Think Motorcycles	11/25/18
401.01	Train	OCP – Certified Officer Trainer	11.23.18