



Trainer Tip # 2

From A.C.E. Learning Solutions

Using Dynamic Tension in Classroom Training

In music, dynamics refers to the softness or loudness of a sound or note. Dynamic tension occurs when the music becomes dramatically louder or noticeably softer. It is what gives the music its texture, variety and richness, and what holds the audience's interest. Why is dynamic tension an effective technique for a facilitator? You can grab the participants' attention in the classroom and make any statement more powerful.

Here are some ways to use dynamic tension for more compelling training sessions. To reel them back in after group discussions, resist the natural urge to talk louder to get their attention: do exactly the opposite. Speak very softly, slowly, and make eye contact with as many participants as you can. The noise in the room will lessen as they struggle to hear what you are saying. This may mean you will need to repeat what you have said, but you will have their full attention and the next time will be easier.



To make an important point, suddenly talk much louder if you have a strong voice, or vice versa. This also works well with pacing. If you speak quickly, switch dramatically to a very slow pace. If you speak slowly increase your pace and intensity.

When repeating a word or phrase for effect, use dynamic tension the second time. A change in pitch from high to low or vice versa is also an effective use of dynamic tension.

Using dynamic tension will also quickly smooth out disruptions and create clear expectations while facilitating classroom training. Practice and experiment with dynamic tension and you will make your words more compelling and powerful.