



UPBEAT CONSULT  
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## References & Recommended Reading List

Bowman, Sharon L. (2005) *The Ten-Minute Trainer: 150 Ways to Teach it Quick and Make it Stick!*

Clark, Ruth (2008) *Building Expertise: Cognitive Methods for Training and Performance Improvement*

Nilsen, Carlolyn. (2005) *Lunch and Learn: Creative and Easy-to-Use Activities for Teams and Work Groups*

Silberman, Mel (2005) *101 Ways to Make Training Active*

Silberman, Mel (2006) *Active Training: A Handbook of Techniques, Designs, Case Examples, and Tips*

Stolovitch, Harold D. and Erica J. Keeps (2011) *Telling Ain't Training*

Stolovitch, Harold D. and Erica J. Keeps (2005) *Beyond Telling Ain't Training*