

# Flexible Training Delivery

## Session Formats

### 3-Hour Standard Workshop

**Duration:** Single 3-hour session or 2×1.5-hour sessions

**Ideal for:** Core AI literacy & practical skills

**Best retention:** Most effective learning duration

### 6-Hour Comprehensive

**Duration:** Two 3-hour sessions (consecutive weeks)

**Ideal for:** Certificate programs & deep skills

**Includes:** Assessment + practice + application

### Professional Development Days

**Duration:** Half-day (3-4 hours)

**Ideal for:** Schools & education teams

**Timing:** Perfect for June/PD schedules

## Delivery Options

### In-Person

- Live demonstrations & hands-on practice
- Peer collaboration & networking
- Immediate Q&A with instructor

### Virtual (Live)

- Eliminates travel costs & mileage
- Breakout rooms for group work
- Recording available for review

### Hybrid

- Online assessment + in-person workshop
- Pre-work reduces session time
- Virtual follow-up sessions

All formats are TechCred-eligible and include complete documentation package