

### **Everyone needs some kind training at one point or other.**

Training allows one to gain more knowledge or skills to perform a specific task. Either you can get firsthand training from school, from your employer, or by seeking it out. During the time spent in schools, we are trained how to behave when listening to the teacher. When we go to college, we receive a new set of training in terms of writing papers, performing research, working with technology and computer programs.

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From education to our career we are trained how to work together with other people. Intercultural and interpersonal training are beneficial for most people if you rely on team projects. Training prepares us for new challenges and competencies that we will be able to use for now and in the future.

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