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Motivational – Keynotes and Lectures

Finding Calm in Chaos

The Mindset of a Champion

Good Vibrations

Fitness Leadership...Not Just Physical

Fitness Through a Crystal Ball **NEW!**

ALL WORKSHOPS ARE FORMATTED FOR 1:15 TO 1:45
MINUTE TIME SLOTS

Management – Facility, Staff and Programs

Fare is Fair – Instructor Compensation

Fitness Programming: Success Through Creativity and Innovation

The Day in the Life of a Super Program Director

Fitness Programming for Retention

Integrating and Retaining New Staff

The Fun Factor

Leadership Workshops

Who Was That? Projecting Energy Workshop

Seek First to Understand – Then to Be Understood – Lecture

Building a Championship Team

The Art of Coaching and Cueing **NEW!**

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Motivational – Keynotes and Lectures

Finding Calm in Chaos

In our ever-demanding lives it is easy to become overwhelmed by "too much to do – too little time". We sometimes feel as though we are living in a state of chaos and we hope for the day when we can get everything in order. Chaos is a state we create. We can accept it or fight it. Join me in a look into the life of a fitness professional. How do we find balance? Can we find balance? Join in the adventure.

The Mindset of a Champion

Have you ever wondered how the best athletes in the world maintain their clear vision and composure under the pressure of competition? Helen will discuss the 5 key skills to develop the mindset of a champion. She'll show you how to recognize and believe in your potential and how to maintain a winning attitude in the face of daily challenges. Join Helen as she shares her World Championship experiences and how they can help you to sore with a winning mindset!

Good Vibrations

What were the Beach Boys really singing about? We know it exists but few of us feel comfortable talking about it. You know...that feeling, that electricity, that spirit! With increased stress, frustration and pressure of constant change, it is becoming increasingly essential to re-discover and nurture the human spirit. Come and re-vitalize the unspoken power of the human spirit!

Fitness Leadership...Not Just Physical

There is more that meets the eye when it comes to fitness leadership. Let's "not" get physical and explore the many facets of today's fitness leadership challenges! What does the future have in store and how will we make the connection we want with our current and future clients. Have fun in this motivational session.

Fitness Through the Crystal Ball

If only we could look inside a crystal ball and see what lye ahead for the fitness industry. How do we know what the next trend will be? Look at emerging trends and discover techniques for predicting fitness trends for your facility. The fitness industry is continually evolving, what are your future predictions? Find out in this energetic and thought provoking keynote address.

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Management – Facility, Staff and Programs

Fare is Fair – Instructor Compensation

Imagine if instructors and personal training compensation was an easy matter! Wouldn't your life be so much simpler? In a highly competitive market, it is sometimes difficult to determine what is fair. This session will take a close look at how you can develop instructor and personal training compensation criteria. With clear expectations, this criterion should guide you in your decision regarding "Fare is Fair". Look at ways to build a strong loyal team through fair assessment of the instructors' or trainers' skills.

Fitness Programming: Success Through Creativity and Innovation

Great programming is essential for member retention and new member sales. This workshop will look at how your fitness department plays an important role in the club's success. Make your programs creative and profitable. Maureen and Helen will share ideas for successful programming in single facility club and multiple facility clubs.

The Day in the Life of a Super Program Director

A program directors job is never done! Do you feel like you are working as hard as you can and still can't get everything done in your day? Learn from the IDEA Program Director of the Year, how to focus your work and spend time in the important areas of your job. Time efficient systems and programs will be given to help you be a super program director.

Fitness Programming for Retention

Although the fitness industry may look on retention from a purely business perspective, there is an entirely different level of retention to which programmers must aspire – spiritual retention. Through their programs, programmers must seek to understand the spiritual needs of their membership in order to deliver the programs that fuel the spirit from running out of gas and quitting. Simply put, the better the programs are at keeping a member's energy, enthusiasm and motivation alive, the longer they will remain a member of your facility. Find out how you can develop successful programs for retention through four critical steps.

CONTINUED...

seminars

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Management – Facility, Staff and Programs CONTINUED...

Integrating and Retaining New Staff

In today's ever changing market, retaining your staff has become increasingly more challenging. Your staff is your greatest asset. Integrating your staff into your club is critical for the future success of your organization. This session will give you practical ideas and programs to successfully integrate new staff and build relationships to retain your current staff. The time spent on retaining your staff is time well spent.

The Fun Factor

What is the fun factor in your club? Time and time again we hear that employees will stay with you and be more productive if they enjoy their jobs. Is your work environment fun? This session will give you practical ideas to make your organization a fun place to be and increase your staff retention rate. Step out of your comfort zone and have some fun!

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Leadership Workshops

Who Was That? Projecting Energy Workshop

What image do you leave people with? Are you an impact player or a good supporting actress or actor? Creating an energized power-packed impact on others takes work! This workshop is designed to help you develop the skills and techniques to project energy and offer your participants the workout they are looking for from you. Explore postural expression, body language, use of music and much more. Bottom line: leave them asking, "who was that?"

Seek First to Understand – Then to Be Understood – Lecture *Management/Group Exercise/Personal Training*

Our personalities stem from the way we view the world. Using personality types, we can develop effective leadership skills by understanding and improving your ability to successfully interact with people with different needs. Find out what your personality preference is and how it relates to the people you work with as a leader or member of the team. Step out of your comfort zone and try on someone else's shoes.

Building a Championship Team

Is it possible to build a team in a very competitive industry? Is it possible to get a full time commitment from your part time staff? Yes. Creating a strong team takes understanding, patience, nurturing, time and energy. With some creative planning and programming, you can get your staff to be committed and loyal to your organization. This session will look at practical techniques to build a strong team in your organization.

The Art of Coaching and Cueing

What makes the difference between a good presentation and a great presentation? Is it the moves? Maybe. Is it the music? Could be. Is it the personality? Definitely. Learn how you can enhance your presentation whether it is in a group exercise setting or one on one. Your voice tone, body language, verbal descriptions and timing are all means of enhancing your communication skills. Find out how you can use the tools of effective presentations to enhance your coaching and cueing.