



Be Your Best You.

Teaching Styles: The Pros & Cons

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Getting Warmed Up

List 3 words that describe your teaching style:

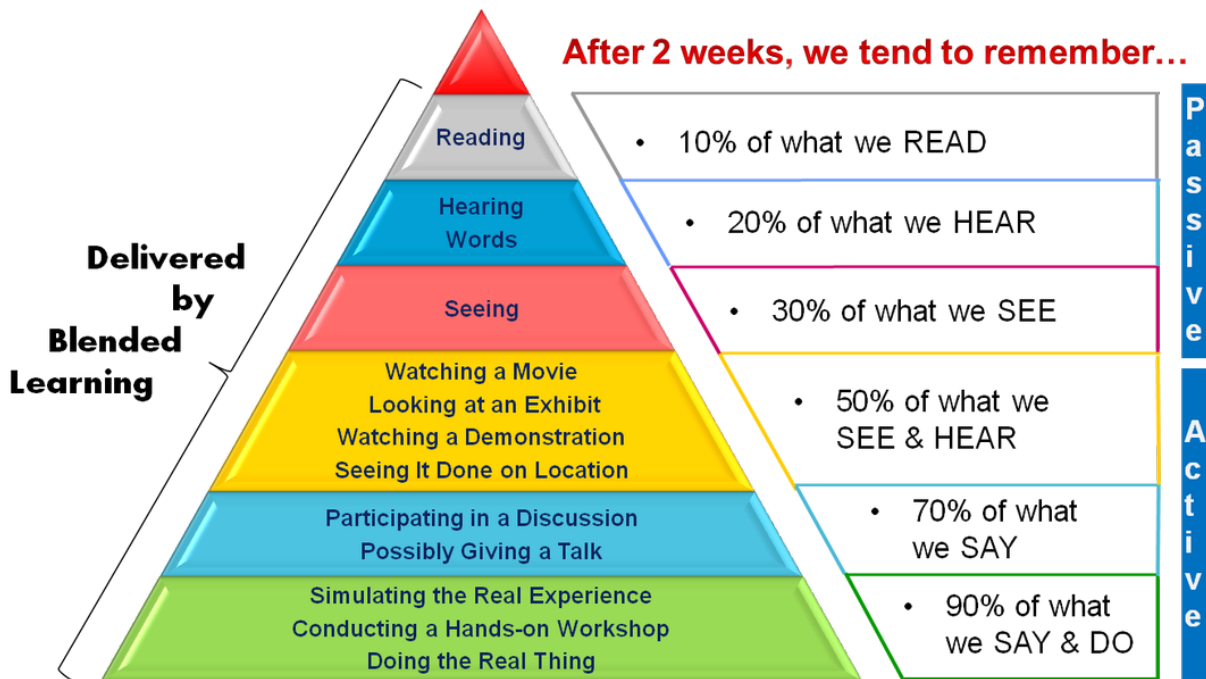
- 1.
- 2.
- 3.

What is your role as a Group Fitness Instructor?

How Do We Learn?

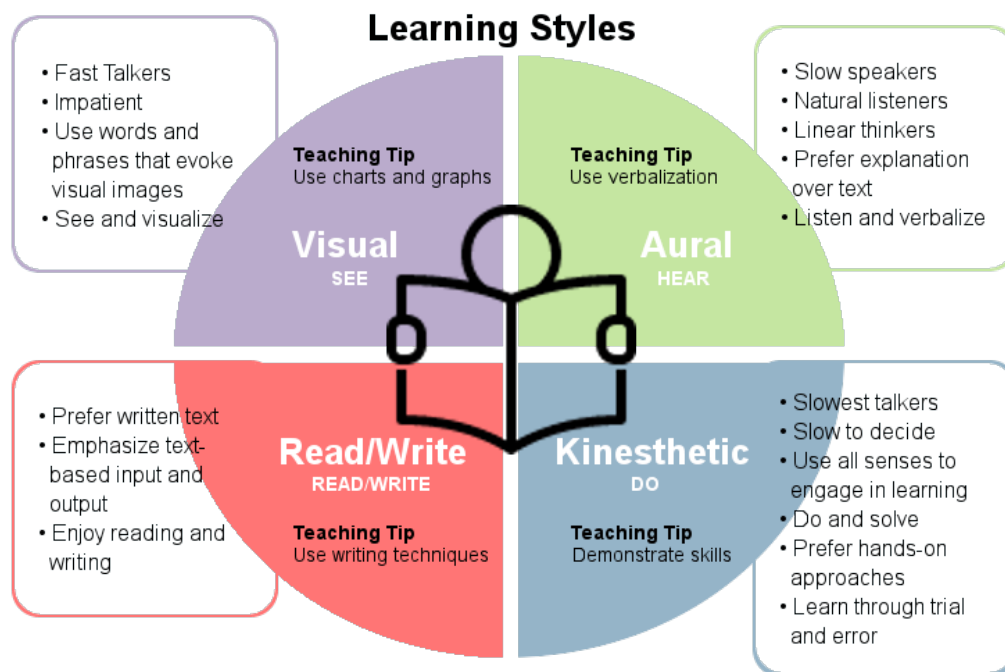
EDGAR DALE'S CONE OF LEARNING

The Cone of Learning



**HIS POSITION:
LEARNERS RETAIN MORE INFORMATION BY 'DOING' THAN BY WHAT THEY HEAR, READ OR OBSERVE.**





HealthyFamilyHomeschoolFun.com

**V.A.R.K. LEARNING STYLES:
WE ALL LEARN (RECEIVE INFORMATION) DIFFERENTLY**

Communication

2 Types: Verbal vs. Non-Verbal

Remember: What you say matters!

.....
 "Talking is not teaching and listening is not learning."
 ~IDEA Fitness Journal, June 2018

Teaching Styles

List as many teaching styles as you can:

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

Exploring the Pros and Cons:

What Style Is Appropriate & When?

- Fitness Level
- Age of Group
- Class Format
- Indoor/Outdoor Environment
-
-
-
-

Defining & Maximizing Your Teaching Style

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“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment”

~Ralph Emerson

.....

What makes you, you?

What characteristics are you most proud of?

How can you best use those in your classes/training sessions?

Why did you become a fitness professional?

.....
“Don’t fake it ‘till you make it. Fake it ‘till you become it.
~ Amy Cuddy

.....
Based on your passion, purpose and personality, which style now best resonates with you?

The ‘Other’ Fitness

How can you help your clients become more emotionally and spiritually fit without crossing boundaries of religion, culture, company values etc?

3 P’s Before Entering the ‘Stage’:

Passion: Remind yourself why you became an educator

Purpose: What is your goal for the next 60 min?

Personality: Remember who you are and stay true to that

.....
Have an ear for the front row,
An eye for the middle row,
A heart for the back row.
~ Anonymous

.....
.....
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