

I Can Do That! | Presented By: Shannon Fable

What the mind can conceive, the body can achieve ... if you just believe. Of course you can, but it sure helps a TON if you have a clear picture of what your goal entails before you get started. If you've ever thought, "I could be a presenter!", or a Master Trainer, DVD star ... this workshop is for you. In the fitness industry, moving beyond the club level is a natural thought for the superstar instructor or trainer. But do you have what it takes? In this workshop we will explore the 'Essentials' for moving to a larger stage, steps to building your 'Education Portfolio' with your own workshops or master trainer opportunities, as well as insider tips on applying for fitness conferences. Why spend hours trying to track down all of this information from a variety of sources when you can begin your resource list in two hours or less? Take home your starter package for navigating the fitness industry, compliments of Sunshine Fitness Resources.

What makes YOU say I CAN DO THAT?

	Yes	No	Reality Check
I have been teaching/training forever!			
My participants/clients LOVE me!			
I have the best class/workouts/choreography!			
My class/training is unique!			
I have a Masters / PhD!			

Who do you admire that already 'does that'?

	Why?	Reality Check
Jay Blahnik		
Julz Arney		
Rob Glick		
Mindy Mylrea		
June Kahn		

Typical Path of an Educator

	Yes	No	Reality Check
Regional Workshops			
Master Trainer			
Intellectual Property Development			
National Conferences			
DVD Production			
International Conferences			

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Do you have what it takes?

	Yes	No	Reality Check
ACE & AFAA Certifications (or) 4-Year Degree in Ex. Science			
Personal Liability Insurance			
Headshot / Body Shot			
Short & Long Bio			
Website			
Professional References			
Superior Teaching & Communication Skills			
Experience with preferred modality			

Are You Ready?

	Yes	No	Reality Check
Review of your TEACHING skills			
Review of your COMMUNICATION skills			
Review of your PRESS materials			
Review of your BUSINESS skills			
Review of your WRITING skills			
Networking			
Calendars			
Enlisting Help / Assistance			

Additional Notes:

Thank you for attending this workshop!
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