

4517 - Stages™ Cycling: Stage Masters

SATURDAY, 1:00 - 2:30pm

Presented By: **Javier Santin, Pam Benchley and Kristy Kilcup**, Stages Indoor Cycling Master Educators

Session Description:

Our knowledge keeps our clients safe. Having a great playlist sets the mood. But only a superb delivery keeps our members engaged and asking for more. We assume that great instructors are talented and skillful, but there is something more, something intangible, that makes them special. Truly great instructors are also great performers. Presence, showmanship, theatrics, and voice modulation are some of the topics we'll explore to bring out the performer in you!

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⚡ what is the definition of a rockstar?

A famous and successful singer or performer of rock music.

Also, in the corporate world, someone with a proven ability to get things done and deliver what promised, despite all odds.

⚡ are you a rockstar?

A rockstar is someone who is able to reach a large number of people with its work and, as a result, affect change... Just like you do in your classes, right?

⚡ the qualities of a rockstar

Self Reliant – Don't settle for someone's idea of who you are and stay focused on being the best. Cultivate your grit and determination.

Highly Creative – Use every tool to make a normal performance an extraordinary experience and don't be afraid to try new things. Also, be smart and track what works and what doesn't.

Thrill-seekers – Have a willingness to get excited about everything you do and create excitement, specially where there is none. Passion is the name of this game.

Love the encore – The best Rockstars don't finish their set and then call it a night. They always find the energy for that last encore performance, and bring down the house... again. Stay for your fans (members) after the show, foster relationships, take care of your audience.

Be part of the band – Good Rockstars understand that they're nothing without their bandmates. Become someone everybody wants to rock with! Foster relationships with the Front Desk team at your Studio, other instructors, etc.

⚡ the performer in you: presence

The Opening Act: Here I am!

In class: Present yourself, set expectations, know your audience.

In other words, introduce yourself, your class (goals, Training Zones, terrain, etc), deliver your Safety Speech and acknowledge new members/special populations.

⚡ the performer in you: acting and delivery

Work on your body language and intonation to deliver a powerful message to your audience.

Hone your performing skills by stepping out of your comfort zone and unleash the actor/actress in you.

Be creative, be adventurous, be silly!

⚡ the performer in you: non verbal communication

Pay attention to your facial expression and overall body language and make sure they emphasize your words. Become a Master in delivering a powerful communication experience without using words.

⚡ the performer in you: Verbal communication

Be clear, powerful and concise when you speak. Make sure your audience can hear and understand what you are saying: always use a mic so you can modulate your voice to deliver different emotions and states of mind and make sure you use a language that creates a connection with your members. Remember:

E-NUN-CI-ATE

AR-TI-CU-LATE

EX-A-GGE-RATE 😊