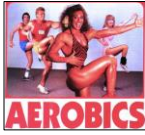





25 WORLD FITNESS EXPO

It's Just F*#@#ING Aerobics

25 WORLD FITNESS EXPO

People will leave your class.....



The quicker you get over it, the better you will become!




25 WORLD FITNESS EXPO

EVOLUTION OF TEACHING




- Learning styles: V, A & K
- Education: How's and Why's
- Participants are savvy.....

25 WORLD FITNESS EXPO

BE A LEVEL ABOVE

Train to out perform your own class!

25 WORLD FITNESS EXPO

ARE YOU TEACHING TO MANY CLASSES?

Be smart, keep teaching for longer and enjoy it more!




FEEDBACK

Learn to give and receive feedback.
Be coachable!



What is your action point(s) to improve as an instructor?



Q & A


Email: garethnock@hotmail.com



Instagram & Twitter: [gnock_fitpro](#)



Your feedback is important to us. Please don't forget to **Rate this Session** in our mobile app.



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Search for: World Fitness Expo 2018 in your App Store!

