



Coaching From Within
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Sunday, June 1, 2008 7:00 AM–8:00 AM

Instructors and coaches are masters of multitasking. We find ways of communicating that are multidimensional, subtle, encouraging and thought-provoking. Where does this coaching finesse come from? From within. It forms from your own experiences, from trial and error, and from being thoughtful, creative and sincere.

Four Ps of Profile Planning:

- Population
- Purpose
- Plan
- Progression

Population Under a Microscope:

People are:

- Always looking for homeostasis
- Fundamentally motivated toward growth and wholeness
- Looking for self-actualization

As a result, for our participants to listen, hear and accept instruction/coaching, they first must decide that it is a valid contribution to their growth process.

The Coach on the Approach:

- Empathy
- Approach
- Connect
- Support/Promote
- Reinforce Awareness
- Adherence

As a Spinning® instructor, be competent and professional. Continue self-learning (i.e. Spinning continuing education workshops). You are a thoughtful coach. Your task is to motivate, guide and teach. Care for your participants. Empower them to find their unique flow, to ride strong, to remain safe and to come back for more.

Continue Your Coaching:

- Observe and participate in other instructors' Spinning classes
- Resource www.spinning.com for student handouts
- Complete continuing education workshops:
 - Creative Coaching
 - Language and Visualization
 - Rating of Perceived Exertion: It's More Than a Feeling
 - Profile Designs and Heart Rate Training
 - And much more

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