

BODY TALK

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OVERVIEW

Have you ever had your microphone suddenly stop working during a Spinning® session? Do you experience discomfort with SILENCE during your teaching. Do you feel the need to talk? If so, you will definitely need the tools given in this workshop to create a better impact in your Spinning® classes and find solutions in such situations. We will focus on the way to use body language to communicate efficiently in a Spinning® environment. We will review how to establish an efficient connection and a powerful body language communication: precise gestures and proper cues, face expressions, theatrical body movements.

OBJECTIVES

- ➔ Improve communication with the Spinning® participants
- ➔ Improve connection with the Spinning® participants
- ➔ Add layers to your coaching & master new tools (non-verbal cues, gestures, ...)
- ➔ How to use Silence?
- ➔ Use the power of music : find the perfect balance

SUMMARY

INTRO & Reminders

- 1- ***Save your Voice***
- 2- ***What is your learning style?***
Visual- Auditory- Kinesthetic
- 3- ***Discuss the two situations with the group: mic breakdown or avoiding silence***
Whatever the situation, the instructor must stay calm and confident – the show must go on! Realize that Motivation can come in many non-verbal forms, so let's develop some cues and communication techniques!

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**

TOOLS to Impact the Spinning® Environment

1- Physical communication

- POSTURE – First Impression
- HAND & ARM Gestures - Cueing
- EYE Contact – Connection
- FACIAL Expressions – Emotions / Inspiration / Motivation
- Body language – On & Off the Bike + Theatrical body movements

2- Silence and music

- Silence is golden
- Use the peaks and valleys for a better experience!

CONCLUSION & RIDE

To expand your coaching, the body can be a powerful tool to make your participants experience an unforgettable ride. Do not be afraid to silence for a while and give space to Music.

Let's Ride!