

WORLD CLASS CONTINUING EDUCATION: A TO ZEN

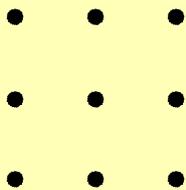
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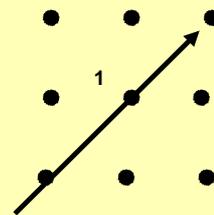
INTRODUCTION

- Nāmastel (*"My inner peace meets, greets, and salutes your inner light"*)
- Gratitude
- findlawrence.com, biscontini@aol.com, L's Background, and the Biscontini Scholarship
- Our Purpose Today:
- Theme: *creating and fulfilling needs*

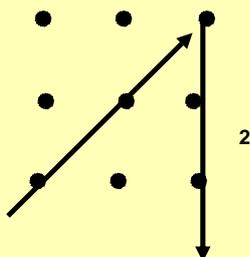
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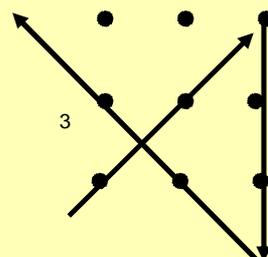
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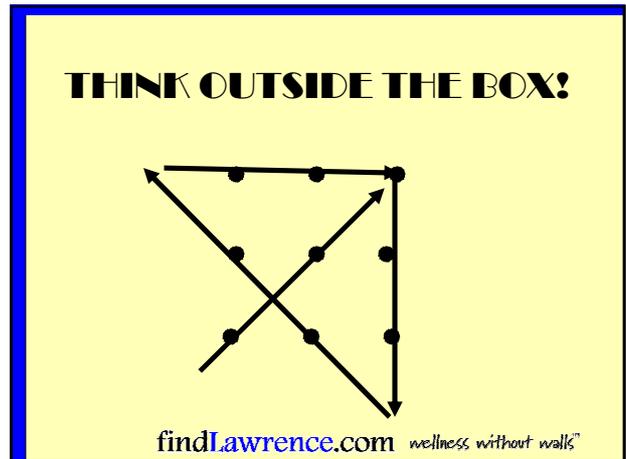
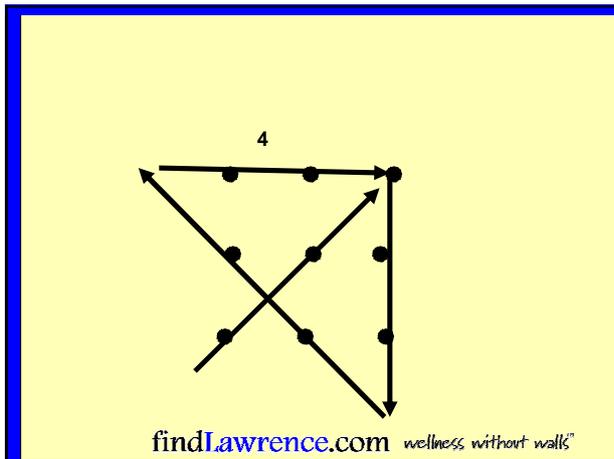
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CAVEAT

- BECOMING A FACULTY MEMBER
- PROVIDER FOR ACE, AFAA
- GAIN EXPERIENCE
- SEEK EVALUATIONS
- MAKE RE-EVALUATIONS

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HISTORY

- TRENDS, UPDATES, CHANGES
- WHAT WOULD ____ DO TODAY?
- HOW DOES THIS IMPACT THE POPULATION?
- THE VALUE OF HISTORY
- THE VALUE OF EVOLUTION
- SHOULD THERE BE 2 CAMPS?
- FUSION IN THE WORLD

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CHANGE

- PURPOSE OF UPDATING
- TECHNIQUES FOR UPDATING
- PURPOSES FOR CONTINUING EDUCATION:
 - STIMULATION
 - INNOVATION
 - VALIDATION
 - COMMUNICATION
 - MAXIMIZATION (BENEFITS)
 - KATHY COREY & PURPOSE OF PILATES

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#1. ALWAYS BE CHOOSY. DEVELOP EXPERT FUSION.

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GOOD CONTINUING EDUCATION PROGRAMS SHOULD...

- Get practice to get better (right to the outline)
- Give credits (WHO? HOW MANY? HOW MUCH?)
- Be organized
- Handouts & Web Supplements
- Have a theme and purpose
- Restate theme and purpose
- Validate current practices
- Give at least 1 easy take-away info bit & byte
- Give stimulation but not replication info

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GOOD CONTINUING EDUCATION PROGRAMS SHOULD...

- Stimulate change
- Provide incentive for live training over book, dvd
- Offer innovation
- Invite questioning for discomfort with innovation
- Be authoritative without being tyrannical
- Use equipment wisely
- Deliver as promised (reread description before!)
- Consider the place in the big picture, 'holistic'?
- Fulfill needs (ACSM, IDEA)

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#2. GAIN HOLISTIC INTUITION

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GREAT CONTINUING EDUCATION PROGRAMS MUST...

- Provide additional incentive
- Provide the opportunity for additional contact
- Offer resources (web, free, \$\$\$, and faculty)
- Expose a different cocoon
- Give that "Why didn't I think of that?" feel
- Offer the potential to change more than one thing
- Cue to the solutions and never the problems
- Offer research-based derivations

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GREAT CONTINUING EDUCATION PROGRAMS MUST...

- Offer synergy among disciplines and companies and approaches
- Transcend the mat or reformer
- Work with an amazing PR backup
- Include different styles of education for all styles of learning
- Fuse theory with practice with theory
 - Options 50/50 or by smaller sections

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GREAT CONTINUING EDUCATION PROGRAMS MUST...

- titlehere
Lawrence Biscontini, MA
Reebok University Master Trainer, Golden Door Wellness Consultant
Mission: "wellness without walls™"
- **I. INTRODUCTIONS**
 - Nāmaсте! Gratitude
 - findlawrence.com, L's Background, and the Biscontini Scholarship
 - Our Purpose Today: (stability and mobility)
 - Resources:
 - Workshop/Masterclass
 - Theme: findLawrence.com wellness without walls™

GREAT CONTINUING EDUCATION PROGRAMS MUST...

- II. THEORY
- III. PRACTICAL
- Summary:
- Home-Work:
- Resources:
- Final Take-Home Messages:
 - *This program is conceived and offered at Golden Door Spas, which all proudly feature Reebok University programming and unique fusion creations like "Yo-Chi"®*

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#3. JUST KEEP LAYERING MOTIVATING NEWNESS, OVERLAPPING PATTERNS

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EVALUATION METHODS OF CURRENT PROGRAMS

- Keep this:
- Think about MORE of this:
- Think about LESS of this:

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EVALUATION METHODS OF CURRENT PROGRAMS

- What I can take away and WHY:
- What I CAN'T take away and WHY:
- What I shouldn't take away and WHY:

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EVALUATION METHODS OF CURRENT PROGRAMS

- AFAA APPENDIX from T&P
- ACE GLOSSARY
- GUEST SURVEYS (surveymonkey.com)
- MANAGER SURVEYS
- ASSOCIATE SURVEYS
- PMA
- INTERNET: CONVENTIONS WORLDWIDE
 - MULTITRAX, WORLDCLASS, IDEAFIT, FITNESSURK, AFAAJAPAN, ECAWORLDFITNESS, FILEX

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•BILATERAL EVALUATIONS

- Overall **organization** each month of schedule (in advance, accuracy...)
○1 ○2 3○ 4○ 5○
- Overall **organization of instructor communication** (phone, email, messages...)
○1 ○2 3○ 4○ 5○
- Overall **quality of information** included in monthly mailings (useful information?)
○1 ○2 3○ 4○ 5○
- Overall **availability** of Lawrence (phone, email, responding to your needs)
○1 ○2 3○ 4○ 5○
- Overall **customer service** of Lawrence to you (Is he **effective** at his job?)
○1 ○2 3○ 4○ 5○
- Overall **ability to listen** to you and try to meet your needs
○1 ○2 3○ 4○ 5○
- Overall **competency** of Lawrence at his job as Group Exercise Manager
○1 ○2 3○ 4○ 5○

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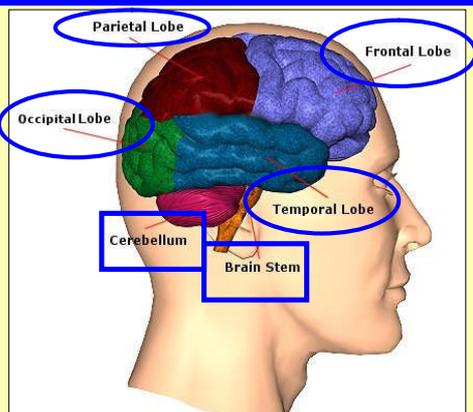
3 TYPES OF LEARNERS AND 2 SIDES OF THE BRAIN

- VISUAL
- AUDITORY
- KINESTHETIC

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#4. QUIT REPEATING THE SAME TRADITIONS

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| | LEFT | RIGHT |
|--------|-------------------------|--------------------------|
| CENTER | SPEECH, LANGUAGE, MATH | |
| | RIGHT SIDE OF BODY | LEFT SIDE OF BODY |
| | VISUAL DETAILS | PATTERNS OF DETAILS |
| | MEMORY OF NAMES | MEMORY OF IMAGES & FACES |
| | ACCOUNTING & ANALYTICAL | CREATIVE |
| FRONT | HAPPINESS | NEGATIVE EMOTIONS, WORRY |
| BACK | SPATIAL ZONES | SPATIAL ZONES |

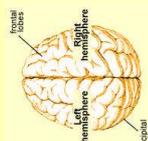
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| | |
|--------|---|
| CENTER | HIPPOCAMPUS EXCITES SURFACE TO STRENGTHEN MEMORY WITH EMOTIONS AND SNAPSHOTS: (KISS, DEATH, HISTORICAL MOMENTS) |
| | STANFORD STUDIES: AS AGE INCREASES, MEMORY OF NEGATIVE IMAGES DECREASES |

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CENTER BRAIN

EMOTIONS
EXECUTIVE AND SOCIAL FUNCTIONS
FRONT LONG TERM AND SHORT TERM MEMORY
MEMORY OF SOUND, SIGHT, SMELL
IN SEPARATE PLACES



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| LEFT BRAIN | RIGHT BRAIN |
|------------|-------------|
| Language | Shapes |
| Linear | Holistic |
| Logical | Intuitive |
| Digital | Spatial |
| Abstract | Analogical |
| Concrete | Symbolic |
| Reason | Imagination |
| Analytical | Gestalt |
| Music-Beat | Music- |
| Sequential | Melody |
| Time-bound | Sporadic |
| | Timeless |

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take-away brain message:

- ENTERTAIN RESEARCH
- ENTERTAIN TACTILE CREATIVITY
- ENTERTAIN VISUAL DETAILS/SHOW N TELL
- ENTERTAIN IMPECCABLE CUEING
- ASSOCIATE RIGHT- LEFT BRAIN IN CUEING (EG SINGLE LEG STRETCH)

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**#5. UNDERSTAND VARIETY
WHEN X-AMINING YOUR “ZOO”**

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CONCLUSIONS

1) ALWAYS BE CHOOSY; DEVELOP EXPERT FUSION. 2) GAIN HOLISTIC INTUITION. 3) JUST KEEP LAYERING MOTIVATING NEWNESS, OBSERVING POPULARITY. 4) QUIT REPEATING SAME TRADITIONS. 5) UNDERSTAND VARIETY WHEN X-AMINING YOUR ZOO.

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CONCLUSIONS

CURRENT NEEDS

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- Summary
- Take-home message
- Homework

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