

DO YOU LIKE CHALLENGES OUTSIDE YOUR COMFORT ZONE?

Challenging yourself and leaving your comfort zone takes courage, but how does one know when it is time to take the next step?

After some time as an instructor it is normal to reach a level where you feel comfortable and secure about the way you instruct. This is a very important level to reach as an instructor and is a fully sufficient level for a licensed Les Mills-instructor, with a standard that is sufficiently high to provide a good group training experience for the participants. But for some, the sense of stagnating at a certain level means that the instructing is not as energized and inspirational as it once was. For some, this security makes things too comfortable. Receiving a new release is not as exciting and standing on a stage is not as challenging. It is then that you need to be brave and leave what feels safe in order to take the next step to the Advanced Instructor Module, also known as AIM. This is training that challenges you outside your comfort zone and therefore enables you to develop.

An AIM takes three days, with the first day focussing on program knowledge. You go deeper into the core of the program, learning which type of participants that are attracted to the specific program and how an instructor should be. This is the physical day, when the technique is broken down into small pieces in order to become an expert in the basic movements. For many participants the greatest challenge comes on day two and three. They are more about coaching, body language and voice modulation but also on finding out what mental restrictions the instructor has created for themselves. Their own limits based on each individual's self-image. The issues like "what are we afraid to do and why is that?" also comes out.

Charlotte Carlén works as a trainer for Les Mills Nordic in BODYPUMP® and SH'BAM®, and as an educator for AIM:
- Being part of an AIM education really is an extraordinary experience for everyone involved, and it is not unusual for it to be life changing. I have been on both sides, as a participant and as a trainer and I am incredibly humbled and grateful for this assignment. I love holding training sessions and in the

AIM we really get involved with the program that we instruct, and we analyse it down to the tiniest detail. Each instructor receives individual coaching on six presentations and often face their fears and pushes the boundaries of what they thought was possible. It is incredibly developmental both as an instructor and personally, because one comes out the other side as a new and improved version of oneself – but with a completely new understanding of the task of being an instructor.

During an AIM the last key element of the Les Mills coaching model is engaged – Performance. After having undergone the training you can send in a video for evaluation and therefore achieve the status of Advanced in your program.



DATES

AIM CXWORX®

2017-01-13 2017-01-15 Oslo, Norway

AIM BODYPUMP®

2016-12-16 2016-12-18 Stockholm, Sweden

AIM BODYBALANCE®

2017-01-20 2017-01-22 Oslo, Norway

AIM BODYPUMP®

2017-02-10 2017-02-12 Warsaw, Poland

AIM BODYFLOW®

2017-02-10 2017-02-12 Copenhagen, Denmark

AIM BODYPUMP®

2017-02-17 2017-02-19 Helsinki, Finland

AIM BODYSTEP®

2017-03-17 2017-03-19 Oslo, Norway

AIM BODYCOMBAT®

2017-03-17 2017-03-19 Helsinki, Finland

AIM BODYPUMP®

2017-03-17 2017-03-19 Copenhagen, Denmark

AIM CXWORX®

2017-03-24 2017-03-26 Helsinki, Finland

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