



CUSTOMIZED COMMUNICATION

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OVERVIEW

In times where customization has become the new standard, it is difficult to differentiate in a group workout. Yet it is possible. Our participants have different methods of receiving information. Do you recognize those differences? Not everybody can be approached the same way, and some students need more care and attention than others. In this lecture, you'll learn strategies for managing this and how to prepare yourself for a more individual approach to people within a group.

OBJECTIVES

Tip concerning:

- Which groups do we recognize?
- Which groups do we not recognize?
- How does the non-average student experience an average lesson?
- Which preparations are needed
- What support do you offer after class?
- What can you do during the class?
- How to handle disabled or athletes?

SUMMARY

In this class, you get the skills to deal with different target groups within your single class. There's no such thing as one size fits all, but this lecture will help ensure you reach every student.

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