

Movement: 7 Keys for the Beginning Coach

The first step to becoming a successful movement coach is to master the basics. This means understanding the principles of movement, such as how the body moves, how to assess movement, and how to correct movement errors. Once you have a solid foundation in the basics, you can start to build on your skills and knowledge.

One of the best ways to learn about movement is to learn from the best. There are many great coaches out there who are willing to share their knowledge and expertise. Attend workshops, read books, and watch videos to learn from the best in the field.

The more you practice, the better you will become at coaching movement. Practice assessing movement, correcting movement errors, and developing movement programs. The more you practice, the more confident you will become in your abilities.



Movement.: Seven Keys for the Beginning Coach.

by Betsy L. Jordan

★★★★★ 5 out of 5

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Learning to coach movement takes time and patience. Don't get discouraged if you don't see results immediately. Just keep practicing and learning, and you will eventually achieve your goals.

A positive attitude is essential for any coach, but it's especially important for movement coaches. Your clients will be more likely to succeed if they feel supported and encouraged. Be positive, enthusiastic, and patient, and your clients will be more likely to reach their goals.

Coaching movement should be enjoyable for both the coach and the client. If you're not having fun, it will be difficult to motivate your clients. Find ways to make your coaching sessions fun and engaging, and your clients will be more likely to stick with it.

The field of movement coaching is constantly evolving, so it's important to never stop learning. Attend workshops, read books, and watch videos to stay up-to-date on the latest research and trends. The more you learn, the better you will be able to help your clients achieve their goals.

Movement is essential for a healthy life, and it's something that we should all be doing more of. If you're interested in becoming a movement coach, these 7 keys will help you get started. With patience, practice, and a positive attitude, you can become a successful movement coach and help your clients achieve their goals.



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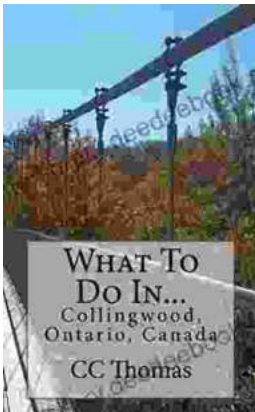
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