

Qualities of an Inspirational Pilates Instructor

Joe Pilates believed that his work would benefit EVERYBODY and as long as his client was keen to learn and prepared to put in the effort he helped people from all walks of life. Rebecca Leone - 2nd generation Pilates Teacher is determined to carry on his good work. After completing her Pilates Excel Programme in Geneva in August 2008 I came home even more determined to spread the Pilates word. Like Joe, I believe that Pilates is for everybody and if a student teacher is keen and prepared to put in the effort then I believe that ALMOST anyone can become an excellent teacher of Mat Pilates. The route each student takes will differ in the same way each client differs.

There is no need for a Pilates instructor to perform all the advanced moves in their entirety...this can in fact be quite intimidating. Your ability to appraise your client, advise them how to achieve excellent alignment and then maintain it while they progress through the moves is what makes an inspirational teacher. At The EnergyWise Academy we are quietly confident that our reputation is growing as a centre of excellence for training inspirational instructors. Not a week goes by without one of our teachers phoning or emailing to say how much they love their job! Who wouldn't love a job that helps improve another person's quality of life and in many cases helps clients become pain free after years of suffering?

We have a higher than average pass rate on our training course, but more importantly we are VERY proud to say that 98% of our teachers were teaching Pilates classes within a month of qualifying and quickly reached capacity, mainly as self employed instructors. Our method of Pilates is called Realistic Pilates as it is for *real* people with *real* bodies and *real* lifestyles and has a built in component of business planning which includes how to cope with a waiting list! Because we also know this will be the *reality*.

If you would like to know if you could teach Pilates read through the list below and see if you can tick four or more of the attributes. You may not have them all? That's not a problem. The one we **cannot** do without is the right attitude! The rest we can work on... it just may take a little longer. I look forward to speaking with you soon? **Fiona Brown**

Qualities of an Inspirational Pilates Instructor		Tick
P	Physical ability- No need to have a ballet dancers body... however your clients need to see a fit and healthy teacher	
I	Interest - In helping people achieve THEIR best, coupled with a genuine thirst for knowledge	
L	Listening skills - You need to be able to understand your clients needs	
A	Attitude - You can learn new skills, how to teach, anatomy & physiology etc. BUT nobody can teach you how to have the correct attitude. You either have it or you don't?	
T	Time - Patience and a realistic expectation of how long your training will take	
E	Enthusiasm & Energy -If you are only in it for the money? Forget it!	
S	Sincerity - Clients need to know that you care more about them during class, than you do about your own image!	