

LOVE YOUR JOB

10-Week PT
Course



EUROPEAN INSTITUTE OF FITNESS

BE MORE.

COURSE
BROCHURE

01789 273 268

www.eifbemore.com



WELCOME

Welcome to the European Institute of Fitness, and I hope you discover the inspiration and confidence you are looking for to make the leap and retrain as a Personal Trainer in this exciting and rapidly growing industry.

Darren Jebbenham
Founder of the European Institute of Fitness

INTRODUCTION

There are many different courses to qualify as a personal trainer. However, we don't sell qualifications, we sell careers in fitness!



1. ABOUT EIF

We have been training world class trainers since 2005. We have centres in the UK, in Europe and in the Maldives. Our online program now provides the flexibility of home study with the benefit of receiving personal mentoring to master your new chosen profession and business mentoring knowing we'll get you your first 10 paying clients before you finish.

3000 graduates in more than 30 different countries around the world We've been doing this along time and provide our students the confidence that by following our guidance they will stand out and excel as personal trainers.



Nationally and Internationally Recognised. All graduates can join CIMSPA / REPs UK, European REPs, Fitness Australia, REPS New Zealand indeed can work anywhere in the world.

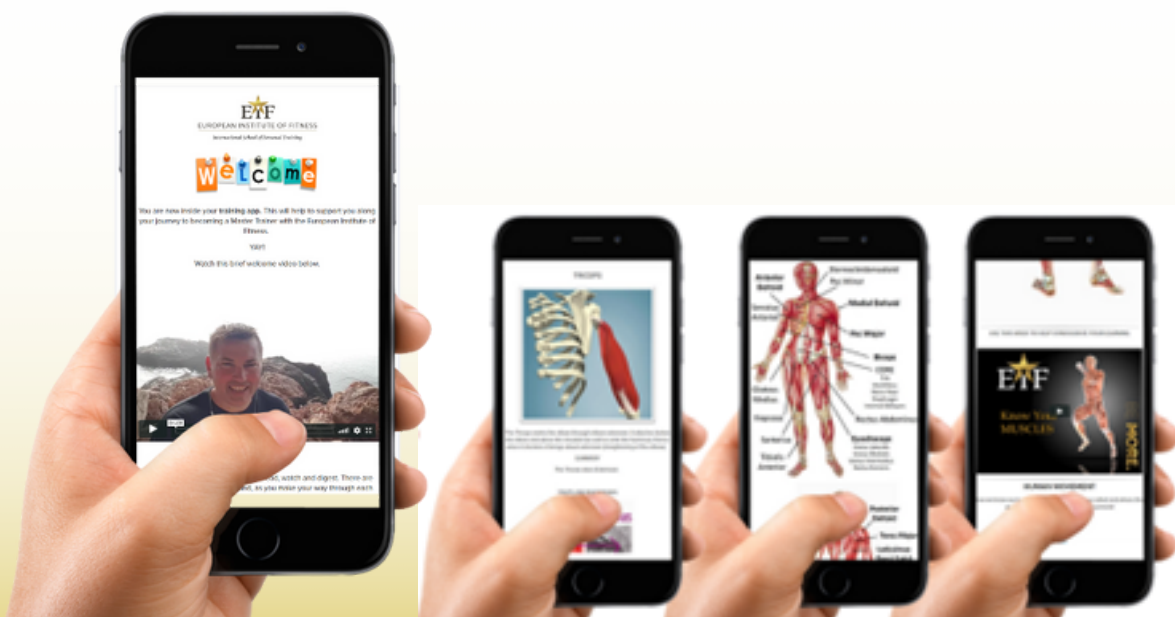


2. ABOUT THE COURSE

Study online and then either attend a 2-day in-person practical at Gloo Fitness in Stratford Upon Avon or an online equivalent via Zoom.

Flexible home study. Flexible learning in your own time (approximately 4 hours a week) with one-on-one tutorials scheduled to help you make sure you fully understand and can apply what you learn.

2-day in-person practical / consolidation or Zoom equivalent. An intensive experience to complete your training ensuring full practical competence. Includes assessments and business mentoring.



MASTER TRAINER

All set up and ready to earn. We help you set up as a professional freelance trainer and get you your first 10 paying clients before you leave using our proven marketing and sales systems we use for our fitness studio and online fitness businesses we also run (Gloo Fitness Studio & The Menopause Paradox online coaching for example).



Ed Eley
EIF MASTER TRAINER



www.eifbmore.com



Chris Tipping
EIF MASTER TRAINER



www.eifbmore.com



Simone Douglas
EIF MASTER TRAINER



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Gina Miles
EIF MASTER TRAINER



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John McGovern
EIF MASTER TRAINER



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Afro + Farah
EIF MASTER TRAINER



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3. ABOUT YOUR FUTURE

Many of our graduates own their own PT studios whether a boutique studio on the high street, converted conservatory or garage from from or larger facility on the outskirts of town.

Many operate as mobile trainers using the great outdoors, train clients in their own homes or at the place of work.

In more recent years we have many graduates operating in the online space. You can create a fully automates, semi-automated or completely live experience as an online coach. And we'll teach you how.

You don't need to know precisely your route just yet. You just need to get excited at the thought of doing something you love for a living, deciding your own hours and enjoying the flexibility of being your own boss.



MASTER TRAINER

MEET YOUR MENTORS

Darren Tebbenham, BSc, MSc

Darren has been qualifying people in fitness since 2000. Formerly a University lecturer, Darren has worked as a Personal Trainer in Europe, in Australia and here in the UK with thousands of hours of experience as a trainer and coach.



During the 4 years he spent living in Australia he worked at Vision Personal Training, one of the largest PT studio chains in the world with more than 50 studios in total. Darren has been a PT at the Hilton in Regent Street, London and ran a mobile PT business in Spain before opening Gloo Fitness with Allison. Suffice to say Darren's experience is extensive.

His Masters degree is in psychology and he drills the importance of behaviour change throughout the program with tools and skills to ensure his students master this element also.

Allison Rumgay, BA

Allison is also co-founder of Gloo Fitness. Previously, Allison ran Zig Zag Women's Fitness & Motivation turning over £100k annually. Allison is a graduate from the University of Bangor and is an international speaker and inspiring leader in the field of women's fitness and motivation.

Allison also runs "The Menopause Paradox" a coaching program for women aged 45-60 who want help as they enter and navigate their menopause transition. Allison has also worked overseas spending 10 years as a PT on the Algarve in Portugal.

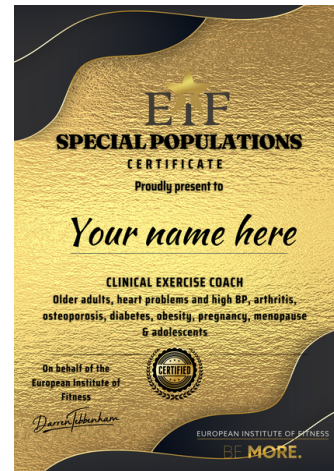
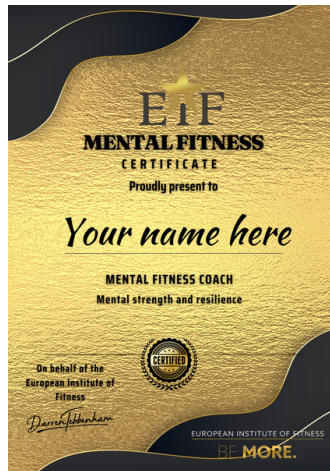
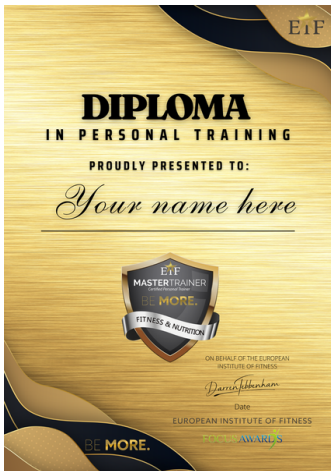
Together Darren and Allison have more than 50 years of industry experience to share with you to excite you, support you and graduate you an EiF Master Trainer!

THE QUALIFICATIONS

You will gain your Master Trainer certification including Focus award Level 3 Diploma in Personal Training.

You will also gain your certification in -

- > Weight management
- > Lifestyle coaching
- > Corrective exercise
- > Mental fitness
- > Special populations (diabetes, obesity, older adults, arthritis, osteoporosis, pregnancy, menopause and adolescence)



MASTER TRAINER

INVESTMENT

£2990 - the total investment for full certification and mentorship. Nothing more to pay.

£1000 - bursary amount if approved

£1990 - apply for bursary

www.calendly.com/eifpt/call

NEXT START DATE

January 8th - Online (flexible study)

Saturday / Sunday March 9th & 10th / March 16th & 17th

Would like to receive a £1000 discount off our course prices?

Email darren@eifptschool.com today.



SUMMARY

MASTER TRAINER

The most comprehensive PT diploma in the world.



Learn how to stand out not fit in as a world class trainer and business owner.



SUMMARY

RETRAIN WITH CONFIDENCE

More than just an ordinary PT course.



Get confident, stand out and learn the business of Personal Training with EiF!

www.eifbemore.com

