# ETF EUROPEAN INSTITUTE OF FITNESS BE MORE.

#### **MONTHLY PERSONAL TRAINER**

## **MENTORSHIP**

Fortnightly Web-Classes!

WE PROVIDE FORTNIGHTLY
EDUCATIONAL AND PRACTICAL-BASED
WEB-CLASSES AS WELL AS IN-PERSON
WORKSHOPS AT OUR PT STUDIO.

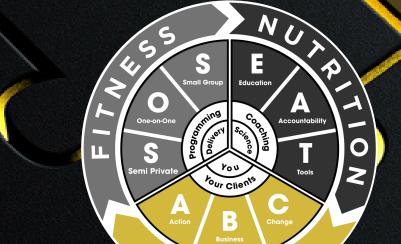
Become a member £59 a month. Access fortnightly LIVE Web-Classes over Zoom. Attend monthly in-person training at hugely discounted price.

GET STARTED FOR FREE.
ACCESS OUR RECORDED
MASTER CLASS HERE

eifbemore.com/masterclass

## CLIENTS BUY YOUR CONFIDENCE IN WHAT YOU DO

- Learn to sell a solution, not a service.
- The objective is to stand out, not fit in.
- As **you** grow, so your practice or business will grow with you.





THE SYSTEM

To reserve your spot **WWW.EIFBEMORE.COM/MASTERCLASS** 





#### **Topics for October**

How to make clients say WOW when delivering small group PT.

Onboarding and how to coach better outcomes through better accountability.

#### **Topics for November**

Packaging PT: PayGo, subscription, tiered packages and Challenge programs.

Creating semi-private PT clients from concept to sales.

#### **Topics for December**

Annual planning for 2025, making next year the best year yet!

Programming for PT boxing, circuits and group resistance training.





Integrating principles of lower back care into everyday practice.

#### **Topics for February**

Coaching skills and conversations to help clients' motivation and consistency with their lifestyle change.

Creating client referral.

#### **Topics for March**

Measuring "fitness" and the power of formal review sessions with clients.

Warm up, correctives and injury prevention.

#### **Topics for April**

Training clients away from a traditional gym environment.

Client management apps and ways to support them along their journey.

### LIVE WEB-CLASSES

Next quarter of monthly topics release January.

To include: Using alternative overload techniques (drop sets, eccentrics, super-sets etc.) in your programming, training specific populations (diabetes, high BP, arthritis, menopause etc), sales calls and online coaching (+more)





Darren Tebbenham

## **GLOO FITNESS STUDIO**

40 Cygnet Court, Timothy's Bridge Road, Stratford Upon Avon, CV37 9BG

### **Background**

We opened this studio immediately after Covid restrictions were lifted and soared to over 150 clients in just a few months...

We also coach other students running their studios, gymbased, outdoor and sports hall and online businesses.

> We'll share best practice with you to help you get clear and feel confident about your next moves.

**Allison** is a sports science graduate with 30 years experience as a PT and group training instructor. She is also qualified as a menopause weight loss practitioner and co-owner of Gloo Fitness.

Darren is the founder of the European Institute of Fitness, formerly a University lecturer and trainer of trainers having retrained more than 3000 health and fitness professionals in this field. He possesses a masters degree in psychology and has been a PT in Australia, Spain and the UK.

Dates

Allison Rumgay



### **PRICING**

Monthly membership £59

Access all Web-Classes

1-Day Workshops (at Gloo Fitness) £219 **Members - £97** 

Join and pay £59 a month (cancel anytime) access all fortnightly Web-Classes and attend any workshop in the month for just £97!

October 27th - Nutrition coaching & consultation November 24th - Corrective exercise & back care December 8th - Business & a success mindset

2025 dates and content released October 31st

EIF has been training world class trainers since 2005. Our practical-based web-classes and in-person workshop will ensure you leave more confident and therefore more likely to get and keep more clients.

#### **NEXT WORKSHOP**

Sunday September 29th Gym-based PT skills training - mastering oneon-one, semi-private & small group PT delivery

To reserve your spot **WWW.EIFBEMORE.COM/MASTERCLASS** 



