



# ***Transformational Coaching***

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## ***Workshop Objectives***

- **Your Role – Instructor vs. Coach**
- **Set the Stage**
- **Signals from Students....interpretation**
- **Develop Coaching Strategy**
- **Tools for the Coach**



## *Workshop Objectives (continued)*

- The Coach....The Trainer

- Physical*

- Breath

- Upper Body

- Legs

- Psychological*

- Setting stage

- Create mindset

- Focus

- Connecting Mind to Muscle

- Ultimate performance – coaching comes full circle



## ***Coach's Preparation "Do your homework!"***

### **● Instructor or Coach?**

Are you participating or coaching?

### **● Setting the stage**

Training objective

Create expectations...accountability

Begin mind/muscle connection



## *Information Gathering*

### ● Reading Students Signals

#### *Physical alerts*

Technique

Expression

Breath

Verbal

Are they reacting? Processing training objectives?

#### *Psychological alerts*

Connected vs. Disconnected

Have they settled in?



## ***Your Toolbox***

### ●Coaches' Tools

Education

Benchmark Testing.....Real #'s  
RHR, TH, Improved Recovery Time, Power

Eyes

Ears

Touch

Delivery – attention...reaction.....response

Intuitiveness...sincerity

Ability to interpret what you observe



## *The Coach...The Trainer*

- **Create Harmony in Students' Body**

- Physical*

- Breath

- Upper body

- Legs

- Psychological*

- Setting stage

- Create mindset

- Focus

- **Get “in front of the students”**

- Anticipate, prepare



## ***The Coach...The Trainer***

- **Time to employ your coaching strategy**

**Your observations**

- **Analysis and Correction**

- **Targeted Training**

- **Technique Enhancement**

- **Mental Skill Enhancement**

- **Mental & Technical Enhancement =Complete Performance**





## ***Connecting Mind...Muscle...Movement***

### **●Power Strip...for Ultimate Performance**

**Physical**

**Psychological**

**Create M/B awareness...Complete the connections**



## *Transformational Coaching*

- Every ride leads to the next training
- Students begin to feel changes in performance....they will WANT MORE!
- Coaching comes full circle



## *Ride*

- Ride:

After warm-up we will ride 8 minutes in a seated flat; 8 minutes in a standing flat; 8 minutes seated climb; 8 minutes jumps; 8 minutes standing climb.

- There are multiple objectives to this ride:

- Fine tuning technique in each movement; purpose of the movement
- Improve visualization techniques
- Breath work...exercising control
- Experience different intensities within each movement
- Master the Move

\*\* Where does it go from here?