



Course Overview: Transformative Feedback

Course Name

Transformative Feedback: How to Create “Fast Learning” Clients

Website URL: <https://pronatalfitness.com/feedback-course/>

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Course Overview

Do you get frustrated with your clients getting “stuck” or not progressing at the rate you’d like? Do you feel you have to constantly re-teach some clients the same things over and over again? It can be easy to place blame on your clients, or situational challenges like virtual training. However, the biggest inhibitor to your clients’ progression could be **your feedback**.

In this mini-course, **Transformative Feedback: How to Create “Fast Learning” Clients**, discover how fitness professionals often provide feedback in a manner that *inhibits the natural learning process*, which leads to short-term, less reliable changes. Then, learn an evidence-based way to teach your clients that supports their natural learning process, so they progress faster and create sustainable changes that last. This course is applicable for ALL clients and all training settings (virtual and in-person).

Learning Objectives

By the end of this course, you will:

1. Understand the natural learning process and how it is the most powerful way to create long-term sustainable improvements
2. Recognize how the common “coaching” strategies used by trainers inhibit the natural learning process and often lead to less reliable or consistent changes.
3. Know how to optimize your feedback to *enhance* your clients’ natural learning process so they progress faster and further.
4. Discover how to teach your clients to become better problem solvers *on their own* to further accelerate their progress.

Course Structure

This course is divided into 6 self-paced learning modules that participants progress through at their own pace.

- Course Introduction
- Module 1: How We (Naturally) Learn
 - Webinar
 - Worksheet
 - Self-Check (8 questions)
- Module 2: How We (Typically) Coach
 - Webinar
 - Self-Check (6 questions)
- Module 3: Transformative Feedback: Steps 1 and 2
 - Webinar
 - Worksheet 1
 - Worksheet 2
 - Self-Check (9 questions)
- Module 4: Transformative Feedback: Step 3
 - Webinar
 - Worksheet 1
 - Worksheet 2
 - Self-Check (9 questions)
- Module 5: Case Studies
 - Webinar
 - Worksheet
- Module 6: Teaching Your Clients Error-Detection
 - Webinar
 - Self-Check (6 questions)
- Final Exam: 35 questions

Course Length:

- Media Run Time: 133 minutes
- Number of Questions: 73 (38 self-check, 35 final exam)
- Average time to complete course (by 3 testers): 5.3 hrs (broken down into 6, 5, and 5 hours respectively)

Number of Questions:

- Self-Checks: 38
- Final Exam: 35
- Total: 73

Course Developers

Carolyn Appel, PROnatal Fitness Director of Education

With a background in competitive, collegiate-level tennis, Carolyn Appel has built a career on her passion for fitness, athletics, and skill development. She received her master's degree in Motor Learning and Control from Columbia University and is a Certified Strength and Conditioning Specialist (CSCS) through the NSCA. She spent several years on the faculty of the Equinox Fitness Training Institute and is a frequent presenter at the National Strength & Conditioning Association (NSCA) Personal Trainers Conference, the American College of Sports Medicine (ACSM) NY Chapter meeting, and the annual Fitness Education Institute's Eclipse Summit. Of all her accomplishments, Carolyn is most proud of her role as mom to her son, Julian.

Brittany Citron, PROnatal Fitness Founder

After nearly 12 years in the corporate world, Brittany Citron took her career in an entirely different direction after an eye-opening experience during her first pregnancy alerted her to the critical need for better education and resources to support women during the pregnancy and postpartum period. Brittany launched PROnatal Fitness in 2015 – recruiting a team of experts to bring her vision of offering the Gold Standard in pre and postnatal resources and education to life. Brittany holds a BBA from the University of Michigan, a Personal Training Certification from the National Academy of Sports Medicine (NASM), a Group Fitness Certification from the American Council on Exercise (ACE), and several pre and postnatal specializations, including Program Design, Corrective Exercise, and Diastasis and Pelvic Floor rehabilitation. In her role in creating PROnatal courses, Brittany brings her years of corporate experience presenting complex information to colleagues and senior management in a simple and systematic way so that the listener truly comprehends the information presented.