

# OPEN UP and teach with intention



Have you ever asked yourself as an instructor, as a teacher or as a presenter; Do I teach with intention? Do I teach with a purpose in mind? Does my class title reveal the format I am going to deliver? I am sure many of us in the aqua fitness industry have pondered these questions from time to time. If you haven't done, then perhaps you should!

Every time you teach a class or present information you have the chance to showcase your message, your intention and your purpose. Consider it a gift and strive to be the best you can be; it takes practice but the rewards are great. The prospect of developing yourself and improving on your delivery every time you teach or every time you have an audience is quite a daunting one. The following technique has helped me to develop my own ability to convey a specific message on the deck in front of my students or in the classroom as a teacher and educator. Simply stated, OPEN UP!

**O**rganised   **P**assionate   **E**ngaging   **N**atural  
**U**nderstand   **P**ractice

These qualities mean that you are teaching from your heart and not your ego. OPEN UP addresses six characteristics sure to enhance your delivery, your message, and your intention.

- Being organised means you are poised, polished, prepared and persuasive. You are entertaining and informative. You influence and enlighten those you teach.
- Being passionate shows that you are enthusiastic, you have conviction and your energy is contagious!

*continued on page 8*



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*continued from page 7*



- Engaging means you can 'read' the room or the pool and you can connect with your students or audience as you feed them the knowledge you desire to share.
- Be natural, be yourself, be comfortable and most of all be confident. Trust that you always know more than your audience (that is why you are in the front leading the group) and believe in yourself.
- Understand your audience's ability or experience in order to accomplish a successful delivery.
- PRACTICE and practice daily! Those who practice improve and practice means you will not fail under pressure.

We all are creatures of habit and we are what we repeatedly do, so it is no coincidence that excellence is not an act but a habit. There is no greater time than the present to start developing your teaching skills. When recently preparing to present an aquatic fitness DVD, I realised that I wanted to provide an educational water fitness teaching-tool full of passion and energy.

Firstly, I needed to be organised, not only in my preparation and design but also in the delivery at the pool. Time is money so you want to get it right the first time! I am passionate about teaching and educating and I wanted my energy and level of commitment to the water fitness industry to show. I needed, and wanted, to engage with my co-presenter in the pool so we could connect and give the right message to those viewing the program. Being natural and showing my level of confidence was also important; having appeal is something we should all work on daily. Understanding your student is also crucial; as the instructor you need to be able to connect with your participants and really get across the format or style you are teaching. Accordingly, you should be prepared to modify your class for your students. Last but not least practice, practice, practice! It has taken me twenty years to develop my skills and abilities and I still use the words of wisdom - OPEN UP - to get my message across. If you OPEN UP and teach with intention then you will be an exceptional aqua instructor! ♦

*This article was reprinted with permission from AKWA ([www.aeawave.com](http://www.aeawave.com))*



### MaryBeth Marotto

MaryBeth Marotto is a trainer specialist for AEA and HYDRO-FIT®. She is co-creator of YOQUA™, owns Hydro-Health Unlimited and is a regional instructor coordinator and curriculum advisor for Silver Sneakers®. MaryBeth is a well-respected industry leader specialising in creative programming and alternative training. She may be contacted at [hydromar@cox.net](mailto:hydromar@cox.net)