



Recreation SA presents...

Mentoring in the fitness industry: How to be a mentor

For fitness students and new graduates the prospect of venturing out into the fitness industry, either to set up their own business or to work in a fitness centre is often daunting, presenting all sorts of challenges that go far beyond the classroom. Burn out, lack of clients, meagre income, no time to themselves, and loss of passion and drive is all too common in the early stages of a fitness professional's career.

The main purpose of this course is to provide experienced fitness professionals with the necessary skills to be an effective mentor to fitness students and recently qualified fitness professionals. Mentoring, in contrast to coaching, has proven to be valuable for career development, providing general guidance in setting and achieving goals and decision-making and problem solving. Your participation in this course and future mentoring programs will contribute to the growth and professionalism of the fitness industry.

There are some pre requisites for this course:-

- Participant are required to be a registered fitness professional
- Have over five years experience in the fitness industry
- Have a vast amount of knowledge and experience working with different populations in a variety of settings.

There is a course assessment. On completion of the assessment and being deemed competent you will be awarded 4 CEC points. On completing this workshop, participants will able to:

- Understand and apply the principles of good mentoring in the fitness industry
- Understand the difference between mentoring and coaching
- Recognise the importance of mentoring as a means of achieving career aspirations and professional development in individuals
- Identify industry sectors & develop a business case for mentoring
- Implement an effective and efficient mentoring program.

What: How to be a mentor (4 CECs)
Date: Friday 23 May 2008
Time: 10am - 2pm (Lunch, tea and coffee provided)
Venue: Recreation SA **New location!** 2A 900 South Road Edwardstown SA 5039
Cost: \$45.00 for Recreation SA members, \$55.00 for non registered fitness professionals.

Please register with Recreation SA if you would like to attend this course. There is a maximum of 12 participants for this course. Ph: 08 8351 2644 Fax: 08 8351 2633 E: projects@recreationsa.org

NB: Credit card, money order or cheques (made out to Recreation SA) are accepted. Once payment has been processed there will be no refunds if you can not attend the course due to unforeseen circumstances.