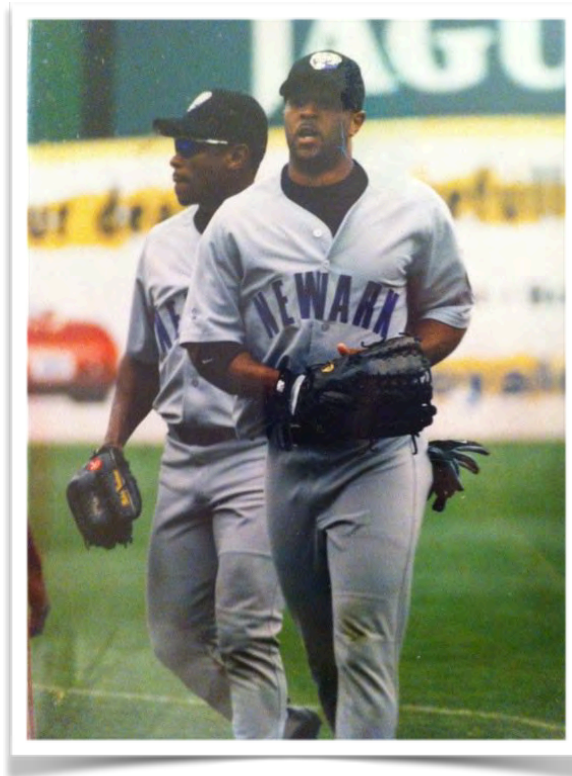
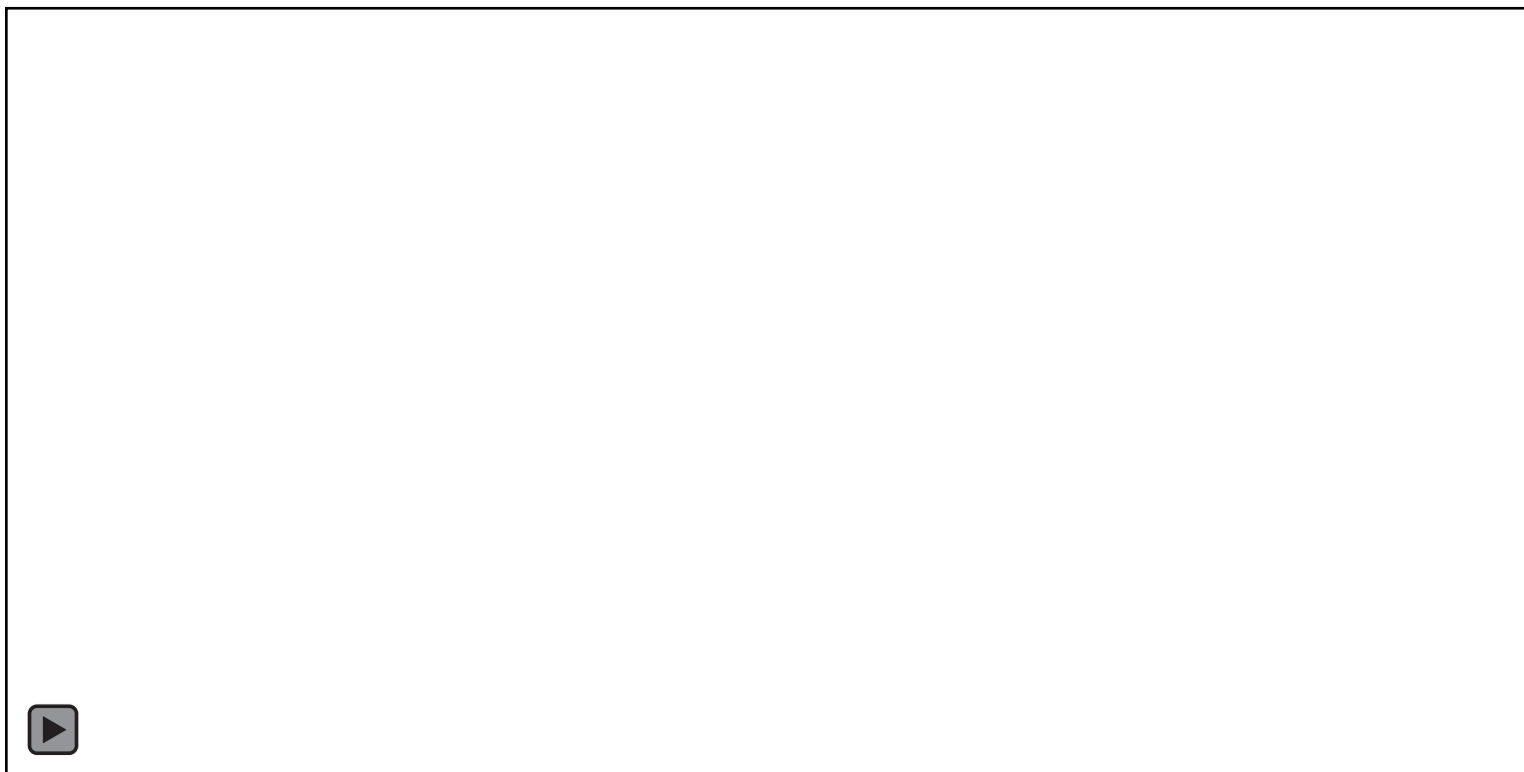


# ***2021 NSCA PERSONAL TRAINERS VIRTUAL CONFERENCE***

#NSCAPT21





*“Coaching is not a job, it’s a calling...”*

*Coaching, I believe, is not a job; it is a most important **calling**, a sacred and vital activity where we have been given the fortunate opportunity and privilege to guide and mentor others in a nurturing, selfless, passionate environment, instilling in them the profound sense that they can be something other than ordinary.*

# ***Training and Coaching***

- **Focus**
- **Session**
- **Relatedness/Rapport**
- **Motivation/Setting**

# ***PERSONAL TRAINER***

***A personal trainer is an individual who has earned a certification that demonstrates they have achieved a level of competency for creating and delivering safe and effective exercise programs for apparently healthy individuals and groups or those with medical clearance to exercise.***

# ***COACH***

**...someone whose job is to  
teach people to improve at a  
sport, skill, or school subject...**

**Coaching is a partnership between coach and client. The coach helps the client to achieve their personal best and to produce the results they want in their personal and professional lives.**

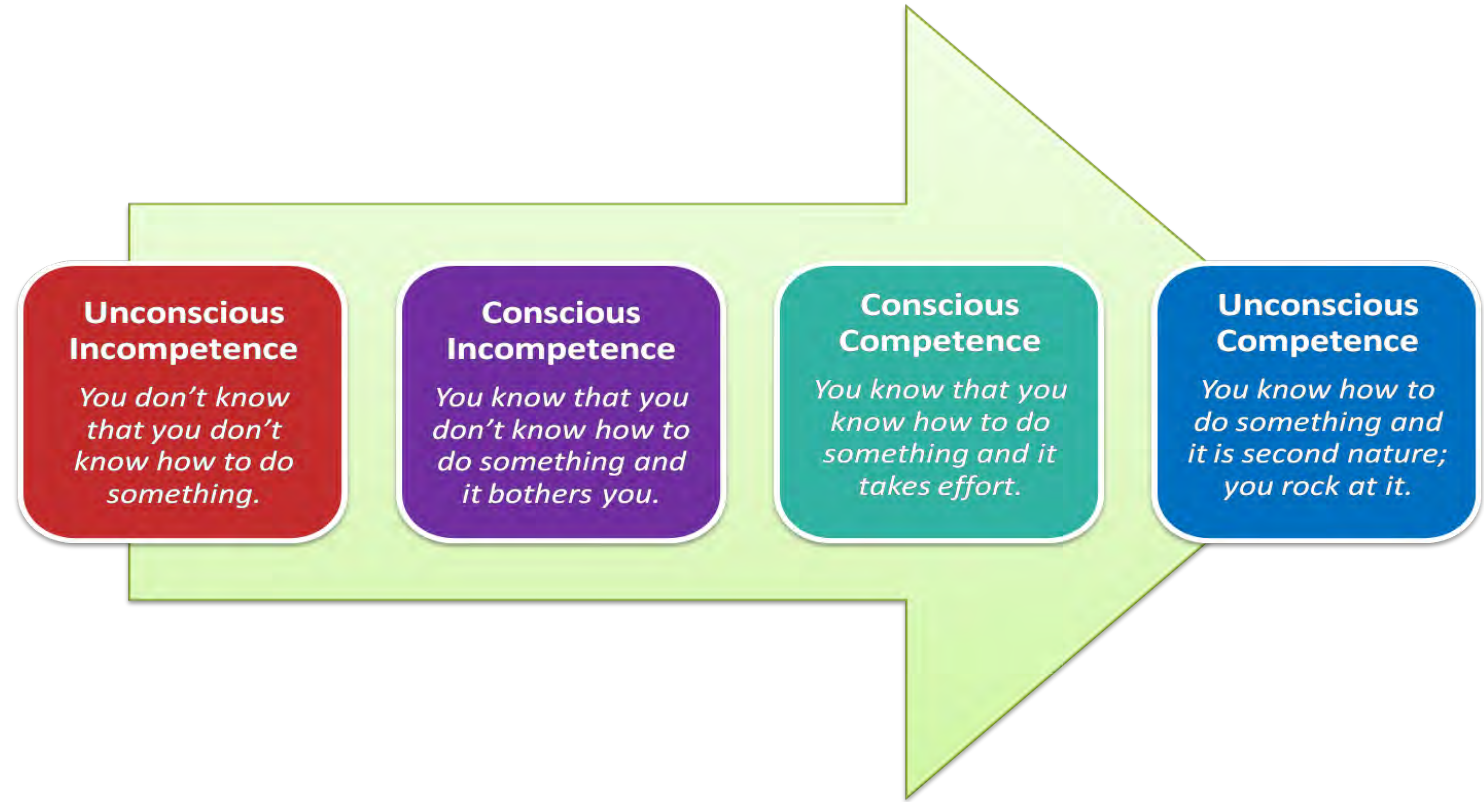
**Coaching ensures the client can give their best, learn and develop in the way they wish. The coach need not be an expert in their clients' field of work.**



***What is Your Superpower?***

# ***Building the Super coach***

- **Coaching Style (Super Powers)**
- **Soft Skills**
- **Hard Skills**



- Cognitive
- Associative
- Autonomous

# *Soft Skills*

- **Self-Reflection**
- **Observation**
- **Feedback**
- **Motivation Styles**

# 5 Keys to Building the Bridge

**#1:**

***“Nobody was ever  
inspired by  
programming”***

**#2:**

***“If it doesn’t  
challenge you, it  
doesn’t change  
you...”***

**#3:**  
***“When the  
student is ready,  
the teacher will  
appear...”***

**#4:**

***“A good coach  
can change a  
game, a great  
coach can change  
a life”***

**#5:**

**“The purpose of our lives is to add value to other people; to help them, support them.”**

**Contact info:**

Email: [mpiercy@thelabsports.com](mailto:mpiercy@thelabsports.com)

Website: [www.thelabsports.com](http://www.thelabsports.com) /  
[www.mikepiercy.com](http://www.mikepiercy.com)

Facebook:

[www.facebook.com/themichaelpiercy](https://www.facebook.com/themichaelpiercy)

Twitter & Instagram: @michaelpiercy