



PowerED

Instructor Certification

Day 1: Introduction to *PowerED*:

Day 2: Specialized strategies for working with children, youth and seniors, plus instructor refresher:

Saturday January 20 and Sunday 21, 2024

10:00 am – 3:00 pm

Location: Hollyburn Family Services
267 West Esplanade, #104

Cost: \$450.00, one time only offer

Instructor Refresher -Complementary

Participants should wear comfortable clothing and bring a lunch.

Who Should Take This Training?

Teachers, Youth Workers, Recreation Specialists, Fitness Instructor, Martial Arts Instructors, Counselors, Sport Coaches, Social Service Workers
Persons working seniors, Community Workers....

Becoming a *PowerED* instructor is a fulfilling and gratifying accomplishment. Whether you opt to work with school children, youth, adults, or seniors, you can take pride in knowing that you have contributed to their sense of well-being and empowerment.

You do not need any previous martial arts experience to become a *PowerED* instructor.

Program Outcomes

The curriculum has clear lesson plans with social, physical, and personal life skill exercises and activities. The learning is through practical skill development, challenges, and play. Topics include rights, responsibilities, values, strengths, boundaries, power, feelings, anger, self defense, risks, peer influence, internet, stress, self care, safety and crime prevention.

What is Included?

- The Fit4Defense Instructors Certification Manual
- *PowerED* Manual and Class Handouts
- How to plan and lead *PowerED* training as a business or as an enhancement to your community program
- Ongoing One-to-One Mentorship and Support in instruction techniques, group facilitation, behavior management and program facilitation
- Marketing and Promotion Materials
- Refresher Training
- Opportunities to Teach/Mentor Classes and Workshops

Trainer: **Suzanne Jean**

PowerED Founder.

Contact Suzanne at 604-837-6436 or info@fit4defense.ca to register

www.fit4defense.ca.