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- ACTIVE AGING NUTRITION
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- BARRE
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- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HITT
- KETTLEBELL
- KIDS IN MOTION
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- MEDITATION
- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
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- Lights
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- Action

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jeff howard
SCW STAR PRESENTER

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How to Captivate & Expand Your Audience

Workshop Description:

What's your why and who knows it? Whether your business is 100% online or blended with in person, who you are and how you connect to your clients is CRITICAL. Learn how to build your personal story, grab your audience's attention, KEEP IT and grow your brand.

Workshop Itinerary:

- I. Introduction About Workshop
- II. Start with Your Why & Why it Matters
- III. Determine Who is Your Target Audience
- IV. Build Your Story & Connect to Your Audience
- V. Learn How to Get Your Message Across Timely
- VI. Tips for Going Forward
- VII. Conclusion and Q&A