DECADES® RELOADED

INSTRUCTOR TRAINING PROGRAMME

Decades Reloaded® is a unique concept supporting clients mental health through dance fitness and would be a fantastic addition to your timetable!

Following the science behind Dance fitness, nostalgia and the Group exercise environment to really enhance your clients overall experience and...

dance your way to a better day

HOW IT BEGAN

The first part of our training, dives into the history of Decades Reloaded, how the concept was created and why founder LucyT made the decision to dedicate the brand to educating instructors in understanding mental health and helping people in the community feel happier.

Created through her own experiences of mental illness, trauma, knowledge, and passion. LucyT has an ever-growing commitment to transforming the narrative around mental health in the fitness industry.

You could be the next instructor to become part of the change alongside our league of diamonds!

DECADES RELOADED®

SIGN UP

UNIQUE WORKSHOPS

This training will teach you far more than how to lead and market a dance fitness class to great music.

You'll learn to better understand mental health in the fitness industry and our responsibilities as fitness professionals.

- Draw inspiration and knowledge from real lived experiences, shared by some of our community of Decades Diamonds.
- Recognise if members are struggling or in crisis and what steps you can take as an instructor to support, or sign post them.
- Discuss mental health related barriers to exercise and how to support your clients to overcome them.
- Learn how to build a socially connected and supportive community.
- Discuss finding the balance between supporting your clients and taking care of yourself.

Everything you'll learn on your training will provide useful and transferable skills for your other group exercise classes and day to day interactions with others.

MENTAL HEALTH MATTERS

Now is the time to be really focusing and understanding mental health in our fitness communities and an essential part of any fitness professionals offering!

With a mental health crisis globally and increasing awareness of the benefits of exercise on mental health, there is rapidly increasing demand for knowledgeable instructors who can support and work with clients experiencing changes in their mental health and wellbeing, working across leisure centres, clubs, boutique studios, businesses and community venues.

> *When you have spent the whole day with everyone making you feel like they hate you and you turn up to classes to the warmest welcome and hugs. People Actually make you feel like they want you and are excited to see you. I needed that!*

We will discuss

- The effects of exercise on mental health along with how we apply this to your classes
- Mental health stigma
- Learn about the benefits of physical exercise on mental health – specifically, in the group exercise environment.
- Perception of support
- Discover the psychological benefits of dance and nostalgia in a group exercise class.
- "Happy" Hormones
- Building your own socially connected communities.

YOU'RE IN CONTROL

DECADES® RELOADED

01 FIND A VENUE

02 PLAN THE PLAYLIST

03 LEARN THE CHOREOGRAPHY

04 MARKET THE CLASSES

05 GET READY TO LAUNCH!

BECOMING A DECADES DIAMOND INSTRUCTOR

As the saying goes "Diamonds are forever" and as a Decades Reloaded® instructor you will build your own community of Decades Diamonds that will want to dance, sing, support you and each other forever.

You will learn about the science behind the Decades Reloaded® class format, choreography and how we construct the perfect class and choreography to lift your participants mood, increase opportunities for social connections, improve their mental wellbeing and leave them wanting more!

Enjoy our fun choreography workshop where you'll first join in a online Decades Reloaded® masterclass with founder LucyT. Then you'll learn about the principles of Decades Reloaded® and how to apply them to the choreography. This will enable you to adapt our routines for your demographic. You will then create your own piece of Decades magic, a short routine of four moves, putting into practice all the skills you have learnt throughout the training to send to us.

You will learn all the tools and techniques and how to apply the Decades Reloaded® key principles to your classes so that you feel confident to create your own classes and adapt them for your clients.

We will discuss

- FINDING THE PERFECT VENUE
- ONLINE, FACE TO FACE AND HYBRID CLASSES
- PLAYLIST PLANNING
- MARKETING YOUR CLASSES
- MUSIC AND INSURANCE
- 5 STEPS TO SUCCESS

FAQs

Are there any assessments?
We don't believe in formal assessments; we want to break down mental health related barriers to exercise and that starts with our instructors! No more feeling anxious about being put on the spot and assessed under pressure. We are all here to learn and grow together so that we can shine like the brightest diamonds!

All we ask is you complete our questionnaires to help enhance understanding and complete the choreography workshop. The workshop involves a relaxed video submission to demonstrate the moves identified in your questionnaires. This is purely to help us understand your answers by seeing the moves, we are not judging or assessing you.

Do I need any qualifications?
A L2 group exercise to music qualification, equivalent or the intention to complete within 6 months of your training is preferred but not essential. Please check first with your insurance provider to ensure they will cover you for public liability.

We highly recommend completing a Mental Health Awareness course or Mental Health First aid, to dive into more detail on the topics we will cover in your training, greatly expanding your knowledge and understanding of mental health related conditions and how to support your clients.

What happens after my training?
Upon completion you will be sent your certificate of completion and links to sign your instructors licence agreement and the instructor portal.

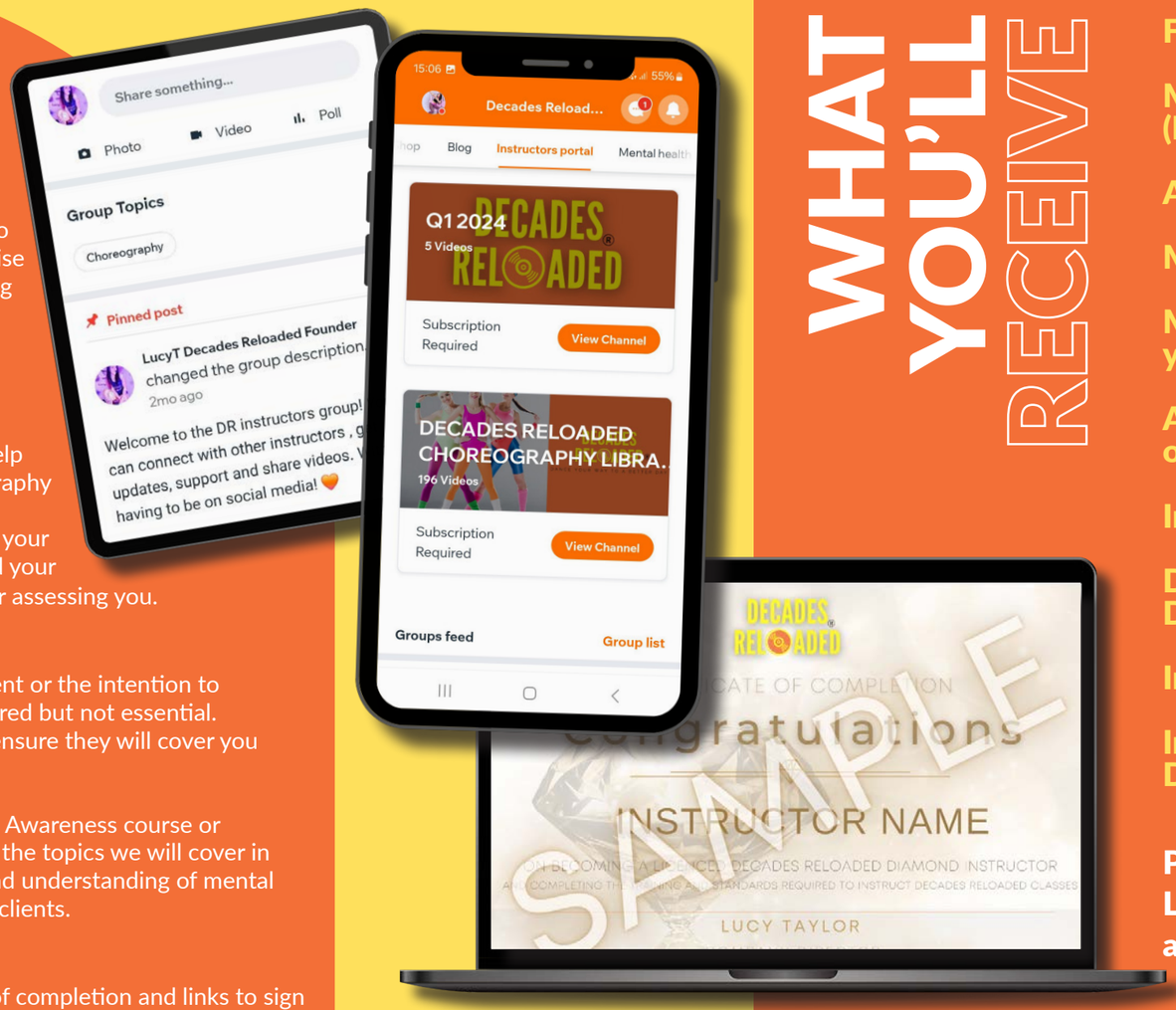
The Decades Reloaded® licence is £12pm paid annually or £18pm Paid monthly.

You will also be sent instructions on how to sign up to our app.

In the instructor portal you will be able to access:

- Choreography –also available on the app, ready for you to learn and practice on the go. We release new routines each month for you to learn and use in your classes.
- An extensive catalogue of marketing materials updated regularly. Provided in multiple social formats, alongside videos and assets for our logos.

  Support:
- You will be invited to join our group for our community of instructors to share ideas, ask for support and learn from each other.
- Receive our monthly newsletter from founder LucyT to keep you up to date with all the latest news, new choreography, advice and relevant information.



WHAT YOU'LL RECEIVE

- Full instructor support
- Monthly released choreography (New mixtape every quarter)
- Access to all historic choreography
- Marketing materials in a variety of formats
- Masterclass choreography to practice ready for your first class
- Access to the instructor portal online and on the app
- Instructor support group
- Discount off merchandise from the Decades Reloaded® shop
- Industry discounts with our partners
- Instructor profile and class listings on the Decades Reloaded® website

PLUS, all Decades Reloaded® instructors are Licenced to teach Millennial Mashup classes alongside your Decades Reloaded® classes!

MILLENIAL MASHUP®

Millennial Mashup is a combination of all of the psychological benefits of Decades Reloaded with a generation X vibe to the playlist and choreography.

We have added more Sass, more combat, more incredible music from this side of the Millennium to motivate, empower, boost self-confidence, and lift your mood!

DANCE
SASS
COMBAT

DECADES RELOADED H²0

Bringing Decades Reloaded to the water

We are making decades reloaded classes and all of the psychological benefits accessible to more people by translating the key principles into fun, easy to follow workouts in water.

Combining water based aerobic movements, resistance exercises and a pilates approach to mobility and balance. Decades reloaded h2o is the full package, offering a low impact fun and energetic class packed full of nostalgia, physical and mental health benefits.

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