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# C.O.R.E CYCLING™

## *News From The Saddle*



## September 2011

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### From Ordinary Instructor to Extraordinary Coach - part 1

Adapted from coach Andy Higgin's *"Best Coaches Best Practices" 2003 Higgins House\**

#### **Best Practice #1 - Create Emotionally and Physically Safe Environments.**

Putting ourselves in someone else's shoes is also known as empathy. Remembering what it was like to spin for the first time, feeling inadequate, intimidated, somehow *less-than* goes a long way in connecting with your newer participants. Giving them permission to leave the class at any time, to work within their own comfort zone, treating them with kindness and respect is to create an "emotionally safe environment". Ensuring they are set up correctly on the bike, teaching them how to set themselves up (thereby empowering them) and *never* engaging in movements that put them at risk - movements like hovers, isolations, jumps, outrageous cadences - avoiding *any* movement *not* in

keeping with outdoor cycling's best practices, creates a "safe physical environment".

### **Best Practice #2 - Live and Teach Positive Values.**

Living positively is living with honesty and integrity. Teaching positive values means *modeling* honesty and integrity. An extraordinary coach treats everyone she comes into contact with kindly and respectfully - not just her own participants, but other instructors, studio staff and management.

### **Best Practice #3 - See Grand Possibilities, See People As They Can Be.**

An extraordinary coach sees the potential in his participants. Seeing grand possibilities means getting to know each individual and planting the seed of possibility firmly in their minds.

### **Best Practice #4 - Expect Significant Positive Change.**

Each participant revels in the knowledge that you believe in their ability to become the best version of themselves. Each significant change begins with a series of small steps. Celebrate their successes along the way as they reach beyond self imposed limits. Show them how consistency and hard work results in positive changes, reaping what they sow.

### **Best Practice #5 - Lead From the Heart.**

An extraordinary coach honours his participants by expressing his caring for them. He leads from the heart by creating events that benefit his class and community. An extraordinary coach is passionate about what he does and excited by the possibilities he helps create. He firmly believes in "leaving his mark".

**\*\*Best Coaches Best Practices *Your Path to Personal Excellence*"  
is available through Amazon**

*C.O.R.E Cycling Indoor Cycling Instructor Certification*

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*October Issue: From Ordinary Instructor to Extraordinary Coach - Part 2*

*Upcoming certifications: Sept 10-11/11 Mississauga ON., & Calgary AB., Sept 24,25/11  
Penticton BC.,*

*Oct 22-23/11 Toronto, ON., Nov 26,27/11 Hampton, NB.*

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