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# MENTORSHIP PROGRAMME

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# SYLLABUS

Level 1 of the mentorship is centred around movement analysis and the implications on programme design. In the first 12 weeks you will be covering:

## MOVEMENT

- Introduction to Biomechanics
- Movement Patterns & Structural Integrations Part 1
- Movement Patterns & Structural Integrations Part 2
- Movement Patterns & Structural Integrations Part 3
- Breathing & Bracing Mechanics Part 1
- Breathing & Bracing Mechanics Part 2
- Individualising Movement Mechanics Part 1
- Individualising Movement Mechanics Part 2
- Individualising Movement Mechanics Part 3
- Individualising Movement Mechanics Part 4
- Foot, Ankle & Knee Mechanics
- Shoulder & Neck Mechanics

There are also accompanying Business modules for those looking to improve this aspect of their skill set as a trainer.

## BUSINESS

- Financial Analysis & Planning
- Marketing Methods & Product Design
- Social Media Content Development
- Social Media Management
- SWOT Analysis
- Self Limiting Beliefs

# INVESTMENT

Each package can be purchased via a monthly subscription or paid for in a 3 month block.

There are three different options for the mentorship, depending on your budget and whether you'd like individual support or being part of a group.

Coaching calls are available between 12-4 Tuesday's and Thursday's are booked in via an online booking portal.

## 1-2-1 COACHING

**INVESTMENT: £250 PER MONTH DIRECT DEBIT**

**UPFRONT COST: £700 FOR 12 WEEKS**

## 3-2-1 COACHING

**INVESTMENT: £150 PER MONTH DIRECT DEBIT**

**UPFRONT COST: £425 FOR 12 WEEKS**

## **INTAKES**

Each intake is at the first of each month and runs for 4 weeks. In the event of a 5 week month, this is included for those paying a monthly fee. All monthly fees are paid via standing order or direct debit to go out on the first of the month.

Each month the passwords to the lectures are changed. Therefore if you choose to not to continue with the mentorship, you will no longer have access to the videos.

## **WHO'S THIS FOR?**

This mentorship is designed for trainers looking to enter the top 1% of coaches in the industry. You create a sustainable, impressive income through quality of knowledge, integrity and services, not through clever sales techniques.

A certain level of knowledge is not a pre-requisite, however I am looking for highly motivated individuals intent on progression and helping others. You must be prepared to work hard and push yourself out of your comfort zone.

If you have any further questions regarding the mentorship or availability, please email me at [chris@chrisknottpt.com](mailto:chris@chrisknottpt.com)