



# Schwinn® Master Your One – Rule Yourself & Rock Your Room

Developed & Presented by Jenn Hogg, MA

An extraordinary cycle class is artfully crafted with thoughtful and intentional moments of emotion and excitement delivered with great music and dynamic coaching. Lean into your strengths and the personality of your room to unleash the power of connection. YOU hold the key. Rule yourself and unlock the potential of your room.

## PERSONALITY TYPES KEY



### Extroverts

are energized by people, enjoy a variety of tasks, a quick pace, and are good at multitasking.



### Sensors

are realistic people who like to focus on the facts and details, and apply common sense and past experience to come up with practical solutions to problems.



### Introverts

often like working alone or in small groups, prefer a more deliberate pace, and like to focus on one task at a time.



### Intuitives

prefer to focus on possibilities and the big picture, easily see patterns, value innovation, and seek creative solutions to problems.



### Thinkers

tend to make decisions using logical analysis, objectively weigh pros and cons, and value honesty, consistency, and fairness.



### Judgers

tend to be organized and prepared, like to make and stick to plans, and are comfortable following most rules.



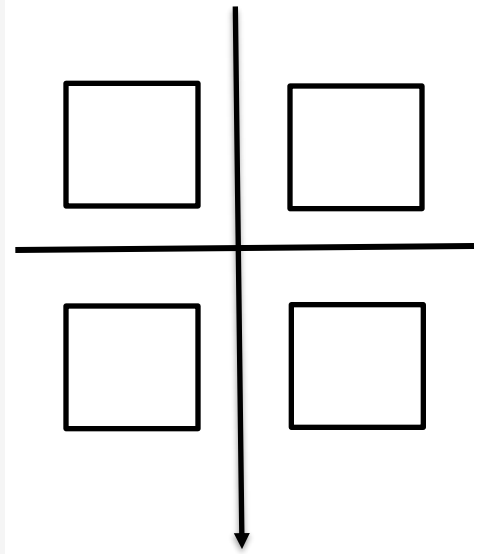
### Feelers

tend to be sensitive and cooperative, and decide based on their own personal values and how others will be affected by their actions.



### Perceivers

prefer to keep their options open, like to be able to act spontaneously, and like to be flexible with making plans.



You

SOURCE: "Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type" by Paul D. Tieger, Barbara Barron, Kelly Tieger

BUSINESS INSIDER

### Coaching Personality

---

---

---

---

### Coaching Environments

---

---

---

---

- Passion Vs. Purpose – what does the research say? What influences people most??

- Elements of Positive Experiences in our Classes Include:

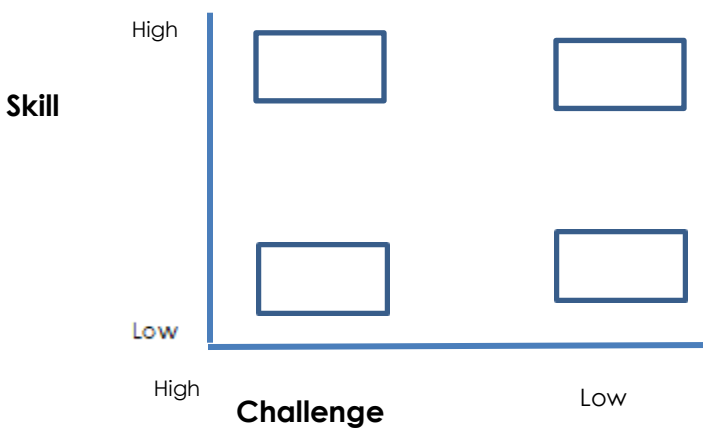
Moments of \_\_\_Elevation\_\_\_ in our classes show up as \_\_\_\_\_

Moments of \_\_\_Insight\_\_\_ in our classes show up as \_\_\_\_\_

Moments of \_\_\_Pride\_\_\_ in our classes show up as \_\_\_\_\_

Moments of \_\_\_Connection\_\_\_ in our classes show up as \_\_\_\_\_

- Powerful moments and the element of **Flow**



*"We feel most comfortable when things are certain, but we feel most alive when they're not"*

**Dan & Chip Heath, The Power of Moments**

- Examples of Companies using powerful moment experiences in the fitness industry:

S \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- What can you do to master the moment??

Music mastery                      Acknowledging accomplishment/compliments

Story telling                      Level up                      PR Moments

Personal connection      Follow up