



DEXTERITY FITNESS: WELLNESS WORKSHOPS

As a company or school you want to increase morale and good health for your employees and students. You also want to experience the return of making an investment in their health. Best of all, beyond education you want everyone to share a few good laughs! To achieve all of this and more, you can rely on DexFit Corporate Wellness.



- **About DexFit
Wellness Workshops (p. 2)**
- **Corporate Speaker:
Charlene Carroll, DexFit
(p. 3)**
- **DexFit Workshops for
Adults (p. 4)**
- **DexFit Workshops for
Teens
*SHSM/Co-Op credits (p. 15)**
- **DexFit Workshops for Kids
(p. 16)**
- **Length of Workshops (p.
16)**
- **Rates (p. 16)**
- **Bookings (p. 17)**



About DexFit Wellness Workshops

DexFit workshops with personal trainer Charlene Carroll can be done easily online or in-person in your boardroom or classroom. Charlene's workshops are known for being interactive, educational and entertaining, with individualized content made relevant to your team or group. Adherence to the material post-workshop is strong as participants are provided with easy to implement tips for real and lasting change. DexFit workshops result in ...

- Team building
- Return on Investment
- Reduced turnover
- Reduced absenteeism
- Reduced health care costs
- Reduced sick leave
- Clarification for employees and students on misleading health tips in the media



Corporate Speaker: Charlene Carroll, Dexterity Fitness

An award-winning public speaker with an Honours B.A. in Theatre, Charlene has tremendous public speaking experience and has worked as a certified Personal Trainer since 2008. Leading 4-90 year-olds in many spaces including federal service offices, the Toronto Islands, school gymnasiums and dynamic online presentations, her interactive and team building health and wellness presentations educate - and entertain!





DexFit Workshops for Adults

- Training Desk Jockeys: Fitness, Nutrition and Ergonomics in the Office
- Nutrition 101: Learn How To (Finally) Eat Better - For Life!
- Stress Management: Health & Fitness Tips for Mental Wellness
- Office Stretching + Relaxing Fascial Stretch Therapy™ Demonstrations
- Self-Care for the Selfless: Health and Fitness Tips to Help You Help Others
- How To Use Your Condo/Office Gym!
- Strength Training for Women
- Strength Training for Men
- Present Yourself: Posture, Presence and Public Speaking
- Painless Prospecting for Business: How to Talk to New Leads and Book Consults!



Training Desk Jockeys: Fitness, Nutrition and Ergonomics in the Office



Learn office stretches you can do at your desk, how to sit at your computer workstation to prevent repetitive strains, how to best handle sweets left in the office kitchen, and more! This fun and interactive seminar offers health and fitness tips that directly relate to an office setting and the demands of sitting at a desk, and can be utilized the very next day. Book this DexFit presentation for your company today!

****Optional '6 Week Online Follow-Up Challenge' Available***

"Thank you, Charlene for speaking at our Annual Planning & Team Building Meeting. Numerous employees raved about your talk - it was truly the highlight of our 3-day event (especially the banana toss)! Since your talk I have seen people doing the stretches you showed us during breaks at meetings, I saw your handout posted on an office wall, and I overheard discussions on your healthy snack ideas. Thank you for making such a positive impact on our work environment!" - Tina Gallinger, Federal public service client



Nutrition 101: Learn How To (Finally) Eat Better - For Life!



For improved body composition, increased energy, a strong immune system, or longevity of life –good nutrition is the key! In this introduction to nutrition your group will learn the simple and effective DexFit Top 10 Guidelines to Healthy Eating And Living that has helped numerous clients achieve their goals. Together we will debunk media myths, discuss quality and quantity of food and calories, and ensure you have the tools you need to start your own meal plan. Walk away from this presentation with the motivation to make long-lasting changes to promote good health!

****Optional ‘6 Week Online Follow-Up Challenge’ Available***

“The material was very relevant and Charlene was very informative, kind, and knowledgeable. I’m glad I attended. This has put me on the right track!”- Judy



Stress Management: Health & Fitness Tips for Mental Wellness



Our mental wellness is as important as our physical wellness, if not more. We know some daily stress is warranted, but when it is too much? What does it feel like in our bodies? How do we reduce negative self-talk? In this seminar you will learn how you can make small daily habits to reduce stress and anxiety that is both realistic and effective, with the motto of self-appreciation at the core.

****Optional '6 Week Online Follow-Up Challenge' Available***

"Charlene was fantastic! She took a deep topic and made it sincere and engaging in an online format. The deep questions that the class asked at the very end proved they were very interested and that the topic was super relevant for them." – TDSB Teacher



Office Stretching + Relaxing Fascial Stretch Therapy™ Demonstrations



Treat your staff with a relaxing corporate wellness workshop – including a 5 minute office stretch routine they can use the next day AND gentle Fascial Stretch Therapy™ demonstrations done individually on a massage table for pure relaxation. All you need is limited space and participants who want to reduce pain and tightness! 5 people – 60 minutes / 10 people – 90 minutes / 15 people – 2 hours / 20 people – 2.5 hours (First 30 minutes is dedicated to the group presentation, followed by individual demonstrations – great for a lunch break)!

****Online versions of this presentation do not include FST demonstrations but provide extra time for self-taught office stretches***

“Fascial Stretch Therapy™ is amazing!!! I feel so relaxed and will definitely use these stretches at my desk.” – Office Participant



Self-Care for the Selfless: Health and Fitness Tips to Help You Help Others



This seminar is great for all caregivers including parents, grandparents, teachers, doctors, nurses, paramedics, charitable organizations, and more. At the office and at home, we put our work and family ahead of ourselves. We know we should exercise, eat well, and find ways to manage our stress, but often we don't know how to make this change or to prioritize it. In this lesson in self-care, you will learn how putting your body's essential needs first will help you to be more positive, productive and provide better care for others. You will learn practical health tips and skills you can start using today to improve your energy, motivation and happiness – improving your quality of life, as well as those around you.

***Optional '6 Week Online Follow-Up Challenge' Available**

“(Charlene) is so funny! A lot of people won't delve into the details of how to make healthy changes and how to make it relevant in your everyday life, and she did. Some of the stuff I've heard, but it was presented in a way I had never heard before. We're all trying to pay more attention to (our health), to finally slow down, and today I felt like here's some simple, easy, applicable steps to do that. It came at a very appropriate time for me. I believe other organizations similar to Engineers Without Borders that are pretty high capacity and busy organizations could really invest in this type of presentation and the value and ethic behind what was presented today.” - Kaitlyn Finner, Content Team Leader:

Engineers Without Borders National Conference



How To Use Your Condo/Office Gym!



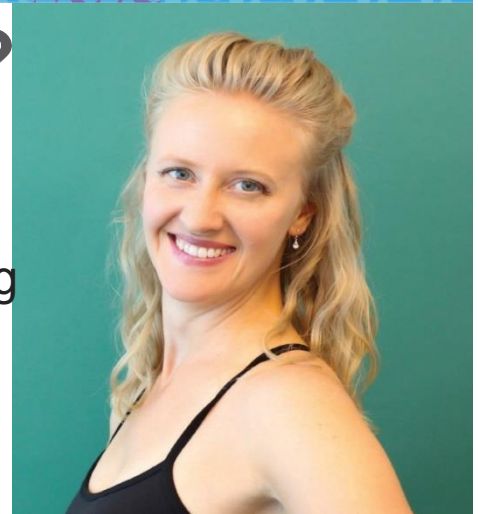
**DEXTERITY
FITNESS**

PERSONAL TRAINING ■ CORPORATE WELLNESS



CONFUSED BY THE GYM?

Intimidated by the equipment in your Condo/ Office gym? Wish you were making more use of your building's amenities? Or are you looking for variety? You aren't alone! In this workshop you'll learn how to use your gym's equipment and gain confidence with take-away exercises. Charlene uses her expertise to instruct you in safe, corrective and effective exercise!





Strength Training for Women



“How do I use the equipment?” “How much weight should I use?”
“Will I bulk up?” “Isn’t cardio enough?” Get the facts, improve technique and realize the benefits of solid strength training unique to women in this interactive workshop. Includes a take home progression of fundamental exercises that will change your body - and your perspective on pumping iron! Great for adults looking to expand their repertoire or for high school weight rooms or gym classes.

“Very well organized, knowledgeable and marvelously enthusiastic!” – Sarah

“I will apply what I learned today.” – Chandra

“A great introduction to the importance of weight training.” – Janet



Strength Training for Men



Are you new to strength training or coming back? Get the basics on strength training for men and increase your confidence lifting weights by learning solid technique for maximum results. This interactive workshop includes a take home progression of fundamental exercises for muscle gain or maintenance to help you train smarter to be stronger. Great for adults looking to expand their repertoire or for high school weight rooms or gym classes.

"I feel like I'm supposed to know how to lift weights just because I'm a guy. The truth is - I have no clue! This was a great introduction for me, I feel more confident in how to use correct form and technique." – Ryan



Present Yourself: Posture, Presence and Public Speaking



Participate in simple exercises to improve posture for improved body symmetry and to exude confidence. Learn tips on how to exhibit a positive demeanour when representing your work place, communities or in an interview setting. Gain practical skills for effective speech writing, impromptu speaking, and vocalization for future success. Expect this and more in this engaging and educational presentation. Start presenting your best self today!

"Beyond expectations, such a great interactive presentation!" - Samantha

"The material was a great way to learn new skills I can use for interviews." - Jason

"Can be used for different aspects of life." – Jackie

"Great presentation, very helpful and engaging!" - Colette

-Youth Competitors of the Canadian National Exhibition (CNE) Ambassador of the Fairs of Ontario Competition



Painless Prospecting for Business: How to Talk to New Leads and Book Consults!



*Do you have smooth moves when it comes to looking for new clients for your future business? Does the thought of blindly talking to new people make you cringe? Are you dependent upon others for leads? If you want greater confidence in speaking to new prospects (strangers), fresh ideas for acquiring new clients, an increase in sales, and practical tools you can use the next day ... **this course is for you!** Make better use of your prospecting time, immediately help more people, increase your income, and put your conscience at ease!*

*“Two of my [employees] participated in your course ... and had a new found confidence, focus and hunger for prospecting like I’ve never seen. Nick proved this by going out on to the floor and **booking 10 appts in no time**. Not only did he book the appts with ease, his show ratio, consultation execution and confidence to have members commit to [sales] was top notch.... The confidence that Nick came back with has also spilled over into the level of service that he is providing and retention of his clients. Since the course [another employee] has **booked more consults in the last month than he has in the last 3 months!** [This course] has helped Brett refocus on his clients, level of service, and positively leading the team to up their game as well.” - Mike Meschino, Fitness Manager: Newmarket – York Town Square, GoodLife Fitness*

*“Thanks again Charlene! Immediate result story: my Health Specialist tried that new prospecting secret of yours yesterday. He said: ‘As I approached it I thought I would hate it. But I DIDN'T hate it. I **booked 4 consults in no time at all.**’ This shows that the belief in effective prospecting can only manifest following the act. The key is to act. I thank you for helping inspire action by sharing your knowledge and experiences.” – Jeff Barry, Fitness Manager: St. Clair, GoodLife Fitness*



DexFit Workshops for Teens:

***SHSM & Co-Op Credits through Flashpoint Training Inc.**

Please visit www.Flashpointtraining.com to book your next teen workshop with Dexterity Fitness and earn SHSM & Co-Op Credits!

- Stress Management for Students: Health and Fitness Tips for Mental Wellness
- Nutrition 101: Learn How to Eat Better - For Life!
- Strength Training for Young Women (or Unisex)
- Strength Training for Young Men (or Unisex)
- Self-Care for the Selfless: Health and Fitness Tips to Help You Help Others
- Training Desk Jockeys: Ergonomics and Stretching for Students/Office
- Fundamental Movement Skills: How to Squat/Lunge/Push/Pull/Bend/Twist Effectively in the Gym and on the Job!
- Specialized Care: Exercise for Parkinson's Disease, Fitness & Pregnancy, OR Older Adults
- Present Yourself: Posture, Presence & Public Speaking
- Starting Your Own Business: The Creation of Dexterity Fitness!
- Painless Prospecting: How to Talk to New Leads and Book Consults!
- From the Ground Up: Safe Lifting & Fall Protection
- Putting the "Fun" in Fundraising to Make a Positive Difference!



DexFit Workshops for Kids (JK to Grade 8)

- *Coming soon!* Contact Charlene today for info on upcoming DexFit Kids Fitness and Wellness Workshops!

Length of Workshops

- Workshop lengths are either 60 minutes or 2 hours, and can be customized to fit your needs.

Rates: Adult Workshops

- Each presentation includes an engaging presentation, some audience participation, and hands on skills that participants can begin using the next day to improve their health and wellness
 - 60 minute seminar/workshop \$420 + tax*
 - 2 hour seminar/workshop \$560 + tax*
 - 6 Week Online Follow-Up Program \$99 + tax
 - *Stay accountable, create friendly competition, and get additional health and wellness education with this 6 Week Online Program! Available for selected seminars*

*+ travel outside of GTA



Rates: Teen Workshops

- Please visit www.Flashpointtraining.com for information on rates and to book your next teen workshop!

Bookings

- Contact Charlene today to book your next wellness workshop!
Visit www.DexterityFitness.com