

The Brain Balance Program for Adults Best Practices

Participant Engagement

- USE your voice & facial expressions
- ASK Get to know them and the goals they have
- MAKE it fun and motivating!

Communication

- Emails
 - New Re-Enrollment Emails available now!
- Updating tracker and levels consistently

Weekly Sessions

- Introducing new exercises – guide them through it
- The why – review while showing activities
- Show them!
 - Modeling and teaching through your coaching
- Portal resources – point them to the portal for helpful tips
- Be ready to troubleshoot & provide help in session

Coaching Environment

- Yoga mat & kit ready
- Laptop, iPad, program guide, pdf of levels
- CRM open with session data
- Portal open on tab or available nearby in person

**Convention Roundtable Discussion
Adult Program: Digging in Deep**



Share the wins



How We Help



Explore the challenges



Enrollment



Wish List



Program