



Extra Mile Leadership Training

EMPOWER YOUR TEAM!

New!



EXTRA MILE LEADERSHIP FUNDAMENTALS | 4HRS

AQUATICS OR RECREATION

Empower your team! Develop new tools to be better equipped to provide excellent service & approach conflict with professionalism & an informed, united front.

EXTRA MILE LEADERSHIP ESSENTIALS | 8 HRS

AQUATICS OR RECREATION

Empower your leaders! Explore the important role of a supervisor while learning key strategies for decision making & problem solving, providing service that builds community, offering safe programs and so much more!



New!

New!



EXTRA MILE AQUATIC LEADERSHIP | 1.5DAYS

MANAGEMENT

Because you don't know what you don't know! Managing an aquatic facility can be tricky waters to navigate. Explore the rules which govern Atlantic Canada & the many important resources available to you. Learn how to build layers of protection to ensure maximum safety.

LEADERSHIP



Aquatic Leadership Training

Start your team off on the right foot by having them trained by an experienced instructor & trainer who gets noticeable results. I am available for the following:

- National Lifeguard/ National Lifeguard Recert
- Bronze Medal & Bronze Cross Challenge
- Lifesaving/First Aid/Examiner
- First Aid Instructor
- National Lifeguard Instructor
- Swim Instructor



Blended Course
Options Now
Available!

Do you have a team member who needs to complete their apprenticeship? I take mentoring very seriously and provide them with an optimal experience. We have meetings to prepare and we debrief after each class. I share my personal presentations & resources and add them to an email chain where I provide updates and new materials as they become available.



Don't let excellent,
potential staff fall
through the cracks!

Zero to Hero- Bronze Challenge

REMOVE BARRIERS! DECREASE COST & TIME!

Having to take 2 courses with younger candidates, commit to over 40 hrs of additional course time and its corresponding expenses can deter older teens/adults from becoming lifeguards/swim instructors.

What's the solution? They can take the challenge!!

I have designed this model for mature, strong swimmers who are ready to put in the work! Must be 15yrs and older. Participants will be screened to ensure they can meet the physical requirements

Instructor Development Clinic

Strong, confident instructors are key to the success of your programs. Unfortunately not all instructors have been set up for success. This 4hr clinic will give your team the tools they need to thrive!

This clinic will focus on: Corrective Techniques, Stroke Development, Providing Effective Feedback, Maximizing every Minute, Teaching Methods & so much more!



Get Results!

UPCOMING LEADERSHIP COURSES



Full Course:

June 6 | 5-9pm

June 7-8 | 8:30am-4:30pm

\$250+tax

Recertification:

June 7-8 | 8:30am-4:30pm

\$150+tax

Chocolate Lake

NATIONAL LIFEGUARD WATERFRONT

May 23 | 5-9pm

May 24 | 9am-5pm

\$300+tax

ONLINE

Managing a Pool? Learn the rules that govern Aquatics! Get the info you need to keep your team & community safe!

Excellent for
Summer Pool
Managers!



EXTRA MILE
AQUATIC LEADERSHIP | 1.5DAYS

MANAGEMENT



www.extramileleadership.ca

Don't Miss Out!