



Extra Mile

LEADERSHIP TRAINING & CONSULTING

WANTS TO WORK WITH YOUR TEAM!

The Extra Mile has become a reliable Training provider for Atlantic Canada; specializing in Consulting Services, Aquatic Leadership & Safety Management. We have expertise in tailoring training initiatives to meet the needs of your team. Passionate and experienced facilitators provide clinics to strengthen instructors and in-service training packages for the whole team.



SAFETY MANAGEMENT



AQUATIC LEADERSHIP



TRAINING PACKAGES



Aquatic Leadership Training

Interested in hosting a course? I am happy to come to your facility and provide thorough training that will set your future instructors up for success.

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

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.



Aquatic Supervisor Training



Empower your team to feel confident in making decisions and receive less calls over the weekend ;) We challenge your team to start thinking and seeing situations through a different lens. It's now their role to identify potential issues and offer solutions..

This 1- day course will dive into conflict resolution, managing peers, their role in the aquatic emergency, leading the aquatic team, how to provide excellent service and so much more! For many it is their first time considering what being a leader means and choosing what type of leader they want to strive to be. Your team will learn from a series of engaging learning activities, role playing and honest sharing & conversation.

Instructor Development Clinics

After many requests, I have created swim instructor clinics for your instructional team. Manager's can choose from 2hr, 4hr and 8hr options. Clinics will provide instructors the skills they need for success. Clinics focus on stroke evaluation and corrective techniques, delivering effective feedback, teaching parented classes etc. All training can be tailored to the needs of your team.



UPCOMING LEADERSHIP COURSES



NATIONAL LIFEGUARD SURF

August 9-11
9am-5pm
\$300 +tax

July 27-28
10am-4pm | 9am-3pm
\$300 +tax
Online: ZOOM
*Special Guest Speakers



AQUATIC MANAGER



NL POOL RECERT

July 20
9-11am
Halifax: Needham



www.extramileleadership.ca

Don't Miss Out!