WIM 31: FEARLESS LEADERSHIP
By Connie Warasila

The class set up & fail

- Prepared
- New students, special needs, wrenches
- Confidence begins to fade
- Mistakes, loss of enthusiasm, abandon plan
- Leave defeated, class disappointed
WATERinMOTION Structure

- Provides music and moves
- Structure
- Foundational water exercise information
- Practice as much as you can
- Even then, fear can derail your class

3 Ways to Build Confidence

- Combat the fear of failure/rejection
- Understand the importance of social interaction
- Embrace enthusiastic movement
Combat the fear of failure/rejection

- Jia Jiang’s Ted Talk titled “What I Learned from 100 Days of Rejection”
  https://www.youtube.com/watch?v=-vZXgApsPC0
- Face your fear (Rejection Therapy by Jason Comely).
- Stay engaged and give, or find out, more information (Ask why).
- Ask for what you want; you might get it.
- Maximize your chance at getting a “Yes,” by being empathetic.
- Keep asking; be persistent.
- Embrace rejection and let your reaction to rejection/failure define your success.

Help clients overcome fear

- Fitness instructor goal: improve the health and fitness of clients
- Motivate clients to overcome their own doubts
- Be a fearless example
- Amy Cuddy’s Ted Talk “Your body language shapes who you are.”
  https://www.youtube.com/watch?v=Ks_Mh1QhMc

Power Posing
The Importance of Social Interaction

The Alzheimer’s Association is noted as stating, “research has shown that people who are regularly engaged in social interactions and activities are also better able to maintain healthy cognitive functions.”

Social Interaction: Benefits to the elderly with Dementia

- Combats loneliness which has been linked to cognitive decline.
- Lower blood pressure, and reduce their risk of cardiovascular problems and various forms of arthritis.
- Helps seniors avoid mental health conditions; lessens the risk of depression and improves sleep quality.
- Helps seniors maintain their independence, increases self-confidence, and sense of purpose.
- Encourage self-expression and can be very soothing for them if they are upset.
Relations Between Social Support and Physical Health by Clark

- # 3 the level of social **integration** that the individuals are involved with, usually with a group of people, family or friends; and

- # 5 the **guidance and assurances of support** given to the individual from a higher figure of person such as a teacher or parent.

- This paper also states that positive social interaction contributes to increased longevity; that means longer life!

NIH Summary of Studies

- Social interaction is consistently associated with biomarkers of health

- Positive social interaction can improve age-related disease associated with inflammation such as Alzheimer’s disease, osteoporosis, rheumatoid arthritis, cardiovascular disease, and some forms of cancer.

- Social isolation constitutes a major risk factor for morbidity and mortality.

- Loneliness may have a detrimental effect on physical, mental, and emotional health.
Role of Fitness Instructors to Promote Social Interaction

- Strive to improve exercise adherence
- Encourage clients’ interaction with other class members
- Guarantee that all activities we lead are inclusive
- Group Track:
  - the importance of social interaction
  - the purpose of the group track
  - empathize with their apprehension

Enthusiasm & Stylization

- Uninhibited movement demonstration
- Creates an environment that allows freedom of expression without judgment
- Element of Fun
- Show your vulnerability to clients, helps to bond with clients
- Let your greatness to shine through the structure of the class design
THANK YOU!