

taichi PRIME

Leader Training

a *Tai Chi Fundamentals*® Program

Friday March 6, 2020

Brookfield, Wisconsin

Prerequisite: Certification in Tai Chi Fundamentals® Adapted Program

Instructor: Patricia Culotti, Master Trainer

Location: R4595A Turtle Creek Drive
Brookfield, Wisconsin 53005

PARTICIPANT COMMENTS

"I absolutely love the manual and materials. They are going to make this a breeze to teach and really get a solid taste of tai chi."



TAI CHI PRIME LEADER TRAINING

PROGRAM DESCRIPTION

Tai Chi Prime is an evidence-based 6-week 2x weekly class series designed for community-dwelling older adults. It features home practice coaching and instruction in Tai Chi Fundamentals® Adapted Program, Optional Side Support version with chairs at participants' sides for balance support. Classes also include Everyday Qigong and group discussions on a variety of topics.

SAMPLE 1.5-HOUR CLASS SCHEDULE

1. Orientation to the day, questions/answers from last session (5–10 min).
2. Tai chi warm-ups and Basic Moves and Fab Four instruction (20–30 min).
3. Informal teatime (exercise break, informal talk and community building) (10 min).
4. Seated activities (20–30 min) include:
 - a. Mind/body skills training, Everyday Qigong.
 - b. Home practice coaching (Home Practice Planners, and Trackers DVDs, books).
 - c. Group discussions (Home practice, tai chi applications for daily life, living with pain and physical limitation and funny tai chi stories.)
 - d. TCF Short Form instruction (10–25 min).
 - e. Closing—reminders for practice, next class preview and closing group circle (5 min).

TAI CHI PRIME RESEARCH

A randomized controlled trial titled: Improving Balance for Older Adults: Disseminating Tai Chi Fundamentals® Through Community Organizations was funded by a 2015 University of Wisconsin Institute for Clinical and Translational Research Dissemination and Implementation Research Award. A report on the research has been published in *The Gerontologist*.

THE TAI CHI FUNDAMENTALS® PROGRAM

Has been featured in: *Journal of Rehab Management, PT Journal, The Gerontologist, APTA's GeriNotes, Medline Plus, Topics in Geriatric Rehabilitation, Journal of Asian Martial Arts, Wellness Program Management Advisor, ACSM's Health and Fitness Journal, and Massage and Bodywork*

COURSE REGISTRATION

Tai Chi Prime Leader Training
Brookfield, Wisconsin
Friday, March 6, 2020

Register online by credit card at:
www.taichihealth.com under
Tai Chi Prime Leader Training

Registration Costs

- \$325 Tai Chi Prime Leader Training
\$20 Late fee: enroll less than 20 days in advance
\$30 Cancellation fee.
No refunds fewer than 20 days prior to course.

Required Course Materials

Registration costs include:

- Light snacks, drinks
- Over 90 pages of handouts including *Leader Manual, Participant Home Practice Guide*
- Access to Tai Chi Health website password protected pages with participant handout files, plus Power Point presentations, fillable brochure, poster for promoting classes

Questions?

For online registration contact:
Rachel Sandretto: 608-630-4066
Email: taichihealth.workshops@gmail.com

For course location and preparation contact:
Pat Culotti: 262-271-1061
Email: Pat@EnhancingBalance.com

TAI CHI PRIME LEADER TRAINING

COURSE DESCRIPTION

Prepares leaders to teach the 6-week 2x weekly evidence-based Tai Chi Prime class series featuring instruction in the Tai Chi Fundamentals® Adapted Program (TCFA) Optional Side Support version and home practice coaching. Participants review and teach *Basic Moves*, *TCF Short Form* and *Mind/body skills* and are coached in leading group discussions..

At the conclusion of the course, participants are awarded CEUs and a certificate of completion qualifying them to become Tai Chi Prime class leaders.

OBJECTIVES

1. Teach and adapt Basic Moves, TCF Short Form and Everyday Qigong.
2. Discuss published research on Tai Chi Prime as an evidence-based class
3. Facilitate group home practice planning and coaching activities
4. Lead and manage group discussions effectively
5. Teach Tai Chi Prime classes

APPLICATIONS

Taught through community-based wellness classes, health care community programs, VA settings, senior centers, health clubs and assisted living. For: wellness, balance, pain management, MS, Parkinson's, neurological and autoimmune conditions, cancer, PTSD, TBI, cardiovascular and respiratory conditions.

COURSE CONTENT

1. Teach TCFA: balance, flexibility, functional relaxation, neuromuscular re-education, spinal stabilization, coordination
2. Home practice coaching
3. Lead group discussions
4. Qigong skills: mental focus, active relaxation

PROVIDED BY



"... excellent manual – goal setting, modeling, mastery, SMART goals, home practice. Teachers extremely knowledgeable. Examples of mind/body principles, thorough attention to detail." Leader Training Participant

AUDIENCE

Only certified TCFA instructors may attend. They may be any community members interested in teaching tai chi, PTs, PTAs, OTs, COTAs, nurses, activity directors, recreational and fitness professionals, tai chi and other martial arts instructors.

FEES

\$325 for 8-hour course

Includes snacks, lunch and over 90 pages of course handouts. access to Tai Chi Health website password protected pages with participant handout files, promotional Power Point presentations, fillable brochure and poster and more.

REQUIRED COURSE MATERIALS

TCFA Certified Instructors already have purchased required materials for teaching TCFA. Course Handouts include: Leader Training Manual, Home Practice Guide, Home Practice Planners and Trackers and Leader Reminders Cards.

COURSE INSTRUCTOR

Patricia Culotti, CTI, MTF, TCF Master Teacher, Tai Chi Prime Master Teacher; Content Reviewer, UW E2I ICTR grant; founder, Enhancing Balance. Pat trains and certifies people in TCF programs, has taught tai chi and qigong since 1980 and is a lineage certified instructor in Cheng Man Ch'ing lineage Yang Style Short form.

COURSE LOCATION

Enhancing Balance
4595A Turtle Creek Dr., Brookfield, WI 53005
Questions? Call Pat 262-271-1061
Email: pat@enhancingbalance.com

AGENDA

One Day training: 8 hours

8:00-10:00

Welcome, introductions
Course overview, evidence-based research Classroom setup
Movement Lab: Energize, *Basic Moves*, *TCF Short Form Leader Manual* orientation

10:15- 12:15

Participant materials orientation Home practice coaching
Teaching practicum: *Fab Four Basic Moves for Balance*
Teaching large groups

12:15-1:15 Lunch on your own

1:15-3:15

Tai Chi Prime class details & preparation Teaching practicum: *Everyday Qi Gong* Facilitating group discussions
Teaching practicum: lead discussion on home practice
Individual review of *Leader Manual*

3:30-5:30

Teaching practicum: Lead small group discussions
Shortened sample class
Evaluations & clean up;
CEUs, Certificate of Completion closing circle

5:30 Adjourn