



## ABC Pilates Coaching Application

Thank you for your interest in participating in our Coaching Program for 2012. Please complete this confidential application so we can review your goals, current opportunities and current challenges to determine whether you are a good fit for this particular Program. I urge you to complete and return your application as soon as possible. Spots in the program will be given on a first-to-apply, first-to-qualify basis.

If you have any questions about this application, please contact me, Amy Cady, Program Director at [amy@abcpilates.com](mailto:amy@abcpilates.com). I look forward to reading your application and to your future success!

*Amy Cady*  
Program Director  
ABC Pilates Training

### Your Personal Contact Information (please write clearly)

Today's Date \_\_\_\_\_

Name: \_\_\_\_\_

Company Name *(if applicable)* \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Daytime Phone (\_\_\_\_\_) Mobile Phone (\_\_\_\_\_)

Evening Phone (\_\_\_\_\_) Fax Number (\_\_\_\_\_)

Preferred Email Address \_\_\_\_\_

Current Position or Profession \_\_\_\_\_

Referred By *(if applicable)* \_\_\_\_\_

## **Please Tell Me About Yourself**

What is your ultimate goal for your career?

What is the #1 reason you want to participate in the ABC Pilates Coaching Program?

What strengths/talents/resources do you have?

What strengths/talents/resources do you need or lack?

Please list anyone you know who has attended ABC Pilates events and/or worked with our company.

## **Please Tell Me About Your Professional Background**

List any and all training certificates and previous experience you have as a trainer, educator, business owner, independent contractor including whether you're paid, and if so, what you charge for your services.

Number of years certified: \_\_\_\_\_ Estimated number classes taught: \_\_\_\_\_ Average class size: \_\_\_\_\_

List any advanced degrees and certifications you hold:

What kinds of groups are you most interested in teaching?

What is your ideal outcome as a result of participating in our Coaching Program?

## **Please Share Your Career and Business Profile**

What is your current occupation?

What are your previous occupations?

Do you currently own your own business? · Yes · No

If so, what kind of business do you own?

What services or products do you provide?

Please return your application as soon as possible by fax 949-859-3310 or email info@abcpilates.com. Applications are approved, and spaces into the program are filled, on a first to apply, first to be approved basis. Some applicants may require a phone interview with our Program Director. I will personally contact you within 1 week via email or phone to let you know if you have been accepted to the Program. Once you have been notified of acceptance into the program, we will process a deposit of \$500.00 the remaining fees will be either paid in full once the Program starts or can be broken up into payments\*.

**Coaching Program with Amy Cady: \$2000.00**

*Includes:*

- 10-1 hours private Pilates sessions
- 10-1 hour coaching session
- Weekly homework assignments
- Access to top Trainers in the Pilates Industry
- 25% discount on all workshops taught by Amy

**\*PAYMENT OPTIONS:**

- \$500.00 deposit to secure your spot (applied to program fee)
- Pay in Full-10% discount
- Payment Plan: \$500.00 every 3 weeks to be paid in full by the end of 10th week of Coaching Program.

**Additional fee:**

*The Success Principles* by Jack Canfield