



QUINTESSENTIAL CUEING WORKSHOP #722

Presented by: Aileen Sheron

From inside the gym to in front of the camera, effective cueing methods can make a big difference in your success at presenting content. Aileen reviews how the right timing, wording, and delivery enhances class performance, helps your online and in-class participants feel successful, and elevates every participant's experience. Let Aileen's decades of know-how help you develop your own unique skills, with practical drills to master the art of cueing so you'll look like a pro every time!

Intro

What has changed, evolution of class formats

What remains the same

What is the focus today?

Visual

Physical non verbal, fingers, clapping, hand, arms, body positioning, top of the combination (pat the head), etc.

Verbal

- 1) External – positioning, directional, traveling
- 2) Internal – feeling, specific muscles
- 3) Association – staying focused on a specific sensation or feel.
- 4) Disassociation – “painting a picture,” mind wandering.
- 5) Encouraging – avoid the negative! Start your cues with “try to” or “Remember,” as opposed to “don’t forget” or “don’t,” when you are correcting form.
- 6) Performance – combination of verbal and non-verbal with added physical energy.
- 7) Verbal cues – begin with either a verb/action word, a body part or a direction. This way you avoid any unnecessary verbiage, e.g., “now we’re gonna,” “I’d like you to,” “I want you to,” or “I invite you to”).

Class Instruction

- 1) What kind of formats do you teach?
- 2) Music – working with the music or as background. Can you count music? Do you hear the beat and time through music or use a clock? All or nothing?
- 3) Science behind working to the beat. Multi-sensory stimulation, Music with other activities, like dance and exercise. MT (music therapy) improves mood and neuroplasticity.
- 4) Timing of all cueing – Too early, too late, just right! Set up, transitions, before the action or as the movement is being done in “real time”
- 5) Mirroring or cueing in every direction
- 6) Participants feel more successful when they:
 - A. Can follow easily
 - B. Are not behind and playing catch up
 - C. Don't depend on fully seeing the instructor,
 - D. Can perform at higher intensity (when not uncertain)
 - E. Spend less time deciphering the movements
- 7) Cueing to all levels in the room
- 8) Cue the individual, a group, the room
- 9) Name the Move – helps them remember complex patterns
- 10) If more than 10% of your class isn't moving with you, then you should take a good look at your cueing. More than likely, if your cueing is more concise and direct, more people will be able to follow you.

Social Media – The Basics: lights, camera, mic, action!

- 1) Have a plan – ten seconds or less rule
- 2) What sets you apart from the masses
- 3) Intro/Outros – how much time? “Find your Phrase”
- 4) Mirroring – Not all social media is the opposite or flipped
- 5) Why great cueing really matters on Social Media

Video or Studio Production

- 1) Cueing content – too little, too much, just right!
- 2) Professional performances – camera throws, cueing on camera, the right vibe for the product.
- 3) Rehearsal tips – script your class, practice by testing and recording sound or presentations, filming on a phone. Dress rehearsals really work!

Become a Cueing “Rock Star”

- 1) Self-assessment – be objective and analyze others with a critical eye.
- 2) Recording yourself – audio and visual.
- 3) Survey – Students and on social media
- 4) What is your “Go to” word?
- 5) **NO** words! – Guys, it, that, this, those, I’m gonna, you’re gonna, we’re gonna, repetitive phrasing, etc. “That,” “this,” and “those” make participants feel like you are speaking to someone else in the room.
- 6) **YES** words! – “You”, “your” and “yours” will make each participant feel like you are speaking only to them and will really personalize the class for each of them.
- 7) Clean Cueing – perfect mix of set-up, internal, external, inspirational!
- 8) Timing is everything!

Drills – Musicality

No look partner drill

Mirror – training

Intro/outro - Find your style and make it memorable!

Camera throw like a pro

Conclusion – What we learned.

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