

CLASS 7



OXYGEN  ADVANTAGE[®]

BY PATRICK MCKEOWN

GETTING CERTIFIED

- To begin teaching the Oxygen Advantage soon as possible it's important to complete certification after our online training.
- To do so, please complete your exam and Email 2 case studies to: certify@oxygenadvantage.com within 60 days of finishing this training.
- Log in to the training portal using your username and password. Click on Certification. To commence the multiple choice exam, click on oxygenadvantage.com/exam
- Enter your name and email address at top of exam page.

GETTING CERTIFIED

Exam:

- The exam consists of 70- 80 multiple choice questions which can be completed during one or more sittings. At the bottom of the page, there is an option to save and continue later. By taking this option, a link of your partially completed exam will be sent to you by Email.

When you have completed all questions, please click on submit. Within a couple of minutes, you will receive an Email with your score.

- Upon successful completion of exam and case studies you will receive a hard copy certificate by post. You will also now be listed as a certified instructor on our website www.oxygenadvantage.com for your country and region.

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Case studies:

- Begin teaching 2 persons straight away (they can be friends / family). Track their progress over 4-6 weeks. E.g. You could coach them online or in person once a week and set them a daily breathing program to increase their BOLT. Answer their questions if they come across stumbling blocks or need motivation. Write up a case study (as per template provided) for each person after the 4-6 week period.

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Case studies:

- Start by teaching one or two exercises at a time. Print off the script and read from the script. When you are comfortable teaching two exercises, begin to teach two more.
- Breathe light exercise is the most important for addressing poor functional breathing patterns. It is also the most detailed.
- Give instruction on other important protocols such as taping at night, nasal breathing at all times etc.

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Case studies:

- Gender of Client: M____ / F____ Age: _____
- Starting BOLT
- Current Health:
- Week 1 to Week 4 / 6
- Details of exercises, progress, setbacks. Tape worn and final BOLT score
- Any other relevant notes

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Sending in your case studies

- We ask that you email us your details as follows to certify@oxygenadvantage.com so that we can list your profile on our website: headshot photo, contact details including email, telephone (optional) and website or FB site. A short autobiography of 150-180 words explaining your background and why you are now teaching the OA.
- We will announce your certification on our social media.

GETTING CERTIFIED

- Going forward, tell us when you are giving a talk / workshop
–share it on social media and tag us so that it reaches out to our members.

MARKETING YOURSELF AS AN INSTRUCTOR

- Please use registered trademark name Oxygen Advantage® Certified Instructor
- The logo is provided in high resolution for your business stationary, website, social media accounts, flyers etc. Download from the marketing section of training portal.
- If you combine OA technique with other modalities, it is important that your students are aware when they are being taught the trademarked Oxygen Advantage® exercises.

TEACHING MATERIALS PROVIDED

- Athletes' Manual
- PowerPoint Presentations
 - Summary presentation for teams, schools, gyms etc
 - One day / half day Athlete Masterclass Slides
- One page PDF document of exercises

*All materials are downloadable from training portal

OPTION OF UNIQUE WEBPAGE

- Your profile will automatically be listed on your country page when you complete certification
e.g. www.oxygenadvantage.com/usa/
- You also have the option of creating your own unique page on OxygenAdvantage.com

WHO WILL YOU TEACH?

- Individual athletes from ALL sports including Yoga and Pilates community. Amateur, professional and elite. Male and female. All ages. All fitness levels.
- Teams – teaching over one day, or sessions over a number of days or weeks. Understand how the teams warm up, practice, etc. Incorporate the program into their existing training routine.
- Gyms – 50 minute workout specific to gyms. Provide a 4-6 week class. Mixture of theory and practice.

WHO WILL YOU TEACH?

- Users of training masks.
- People who suffer from exercise induced asthma, have issue with sleep and focus for sports performance.
- Adapt the technique to your clients. Use your own initiative in how you teach it.

HOW TO REACH OUT TO POTENTIAL CLIENTS?

- Existing clients
- Local sports groups of all ages
- Sports' fairs- request to give a talk
- Partner with gyms, physical therapists, yoga instructors- seek to find people who have access to athletes
- Persons interested in the Wim Hof technique

HOW TO INTRODUCE YOURSELF AS AN INSTRUCTOR?

- Mention the book – The Oxygen Advantage
- Refer people to our website www.oxygenadvantage.com
- Meet with local sports coaches and introduce the concepts
- Announce your certification on your website and social media
- Inform your clients of the importance of breathing in sports performance through posts on social media or your blog
- Organise an information talk in your area and follow it up with dates and sign up for a short course

STAY IN TOUCH

- Interesting photos- training with mouth closed- tag us on social media
- Any questions, ask the OA facebook group or send an email to:

Ana: info@oxygenadvantage.com

Patrick: patrick@oxygenadvantage.com

STAY IN TOUCH

- We love to hear how you are getting on, and are happy to do what we can to support you as an instructor to grow your clientele
- If you have any ideas - drop us a line.
- Our ambition is to see the Oxygen Advantage® develop across many countries and languages - revolutionising health and sports performance.

