

THE
METHOD
NZ

THE METHOD

NZ PRESENTS



THE P3 METHOD

PREGNANCY, POST PARTUM & PELVIC FLOOR

Created by Katie Swift O'Connor

Edited by Phoebe Jeurissen
& Jane Strickland



NZ Register of Exercise Professionals
Continuing Professional
Development Provider



What you need to know

The P3 Method is a 6.5hr one day workshop course designed to equip you with the basic knowledge of the physiological changes of pregnancy & postpartum as well as the key workings of the Pelvic Floor. Whether you are a fitness professional looking for an in depth knowledge on how to apply safe movement to your clients, or you are looking to deepen your own knowledge of how to move safely through this time, this course will give you the tools to progress forward. You will learn how to best take care of your pregnant, postpartum and pelvic floor compromised clients, with an enhanced knowledge of the function and role of the pelvic floor, and the pregnancy and postpartum phase of life.

Who we are:

Your facilitator Katie Swift O'Connor

REPs & CQF Qualified International Pilates, Barre and Fascia Movement Instructor, TRX trained, AISTD & AIDTA Dance Teacher. Barre programme developer. International Barre teacher trainer. 10+ years International teaching at top studios in London & Auckland. Extensive Pre and postnatal speciality and pelvic floor training alongside Pelvic Floor/Womens Health Physios. BPYB and Pelvic Floor safe registered practitioner. Ex-professional dancer. Katie is also Co-Director of The Balanced Mama Project, which provides industry leading courses for mamas in the postpartum phase of life and regularly creates courses, workshops and supports postpartum women. Katie is a preferred referral partner of Womens Health Physios Michelle Gall, Renee Knowles, Becky Onyett and Hannah Orr. Katie also provides services to Mums All Together, a registered charity providing accessible safe movement for mums.. Lover of mindful movement, Mum of two and (sometimes) master of the mum juggle.

Who you are:

Someone who has a passion for movement, fitness and people. You want to expand your skill set. You want to motivate people to move mindfully with The Method NZ. You may have a fitness background or you may not but you are dedicated to encouraging people to exercise positively. You want to inspire confidence in your clients and yourself!

What does the training look like?

The P3 Method workshop is a 7 hour, one day training. We will talk you through the program of Anatomy and Physiology, with an accompanying hardcopy manual to take home. We go through 'what' to teach, and 'how' to teach it, and as well as a full exercise directory, we invite you to take on board the knowledge in our manual and workshop how you can apply the disciplines you already know to safely tailor your workouts for people throughout these phases of life. The training involves practicing and teaching, as well as peer to peer discussion on best practice for Pelvic Floor safety, Pregnancy and Postpartum.



Aim of the course;

We aim to equip you so you feel confident implementing modifications and adjustments and catering to clients with specific needs in a class plan and group workouts. You will be workshopping and learning with the other course participants teaching exercises peer to peer, learning what to expect from clients plus how to present modifications, advancements and adjustments to deliver safe and effective workouts.

Certification

Upon completion of the full day, you will receive a hard copy and emailed PDF certificate of "The Pregnancy, Postpartum & Pelvic Floor Method NZ" Certificate*

*This will also qualify you for 4.5 REPs NZ CPD points.

What do I receive at the end?

You will be a certified The Pregnancy, Postpartum and Pelvic Floor Method Instructor.

How long and when is the training?

1 day (7 hours) - Please choose from the following 2022 workshop dates:

March 13th 2022 - Auckland

March 27th 2022 - Wellington

July 31st 2022 - Christchurch

October 30th - Auckland

What is my investment?

\$395 NZD

What does the cost cover?

- Teacher training fee, space hire, manual and certificate print
- Manual with all the content from the day and extra exercises.
- Basic Pilates Mat Exercises relevant to this course
- Pregnancy and Postpartum basic safety
- Pregnancy and Postpartum advanced conditions
- Basic / intermediate anatomy and physiology
- How and when to refer to a Women's Health or Pelvic Floor specialist
- Common and not so common conditions eg. Prolapse, Diastasis, avulsion of Levator Ani and options for safe movement with such conditions
- A supportive ongoing facebook community and access to our instructor Facebook page with extra content
- Screening Form



Why train with us?

- We're New Zealand owned and created
- You will be able to safely and confidently teach bodies through these phases of life.
- Over 30 years of combined fitness teaching knowledge to share
- Professional and experienced facilitators who believe in delivering world class training to our communities here in Aotearoa
- We care about delivering quality classes to every client & body type
- We know The P3 Method works and delivers results to clients
- Once qualified you will be entered onto our database of instructors for ongoing work, covers, peer to peer connection and business to instructor network.
- You have the option of joining our Facebook group to share latest research, news, updates and questions with us and your peers of current and previous students.
- Support from us doesn't end at the end of the three days, we genuinely care about your journey.

To apply, please email us specifying the date and location of the training you'd like to participate in and we will get you booked in.

A 50% deposit will secure your spot.
Payment plans are available.

If you have questions or would like to have a chat

Email: themethodnz@gmail.com

Or sometimes it's nice to have a chat, we're happy for you to call us (during daylight hours):

Phoebe - 027 236 4944

Katie - 021 0838 6938

Jane - 027 217 8645

