



## 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.**

**Created by Aileen Sheron**

**2020, 2021, and 2022 IDEA Instructor of the Year Finalist**

**[aileen@ailleensheron.com](mailto:aileen@ailleensheron.com)**

**[www.aileensheron.com/](http://www.aileensheron.com/)**

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