

YOGADURE.COM,

Linda's PROLAB

MASTERCLASS

Workbook

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Masterclass

MODULE 1: Mindset

OCTOBER 25, 2026

Topics covered

- The importance of knowing our value and the value of what we offer
- Factors and biases that affect our mental attitude and perceptions

Objective: To become aware of the benefits for the clients who call on us

MODULE 2: Facilitation Skills

NOVEMBER 8, 2026

Topics covered:

- The different groups of clients we work with - The challenges faced by each group
- Different facilitation techniques - starting or ending laughter exercises/meditation
- What tools can we use and develop, and in what context?

Objective: To be able to work with confidence in different situations

MODULE 3: Variable lengths programs

AUTONOMOUS

Topics covered:

- 10-, 15-, 20-, 30-, 45-, and 60-minute sessions
- 90-minute, 2-hour, and full-day programs

Objective: Learn how to deliver programs of varying lengths with maximum results.

MODULE 4: Working with special needs clients

NOVEMBER 22, 2026

Topics covered:

- Sessions with seniors, people with serious illnesses, cancer, anxiety, fibromyalgia, multiple sclerosis, etc.
- How to adapt your program and the exercises you choose

Objective: To be able to adapt a session to all types of clients

MODULE 5: Managing “difficult” people and situations

DECEMBER 6, 2026

Topics covered:

- What to do when the room is really not ideal.
- Unacceptable or difficult-to-manage behavior and what can be done about it.

Objective: No longer panic, take the right actions, say the right words, and improvise!

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MODULE 6: Workplace interventions

DECEMBER 20, 2026

Topics covered:

- How to prepare and present yourself
- The characteristics of corporate groups and their needs

Objective: To be equipped to deliver in the workplace and offer customized programs

MODULE 7: Fees

JANUARY 10, 2027

Topics covered:

- How to set and negotiate your fees
- Have peace of mind

Objective: Establish a fee chart for the different clienteles served and learn how to avoid reducing your fees

MODULE 8: Managing your small business and service offers

JANUARY 31, 2027

Topics covered:

- The content of the offer and service agreement, clauses to include
- Tools for effective and simplified follow-up

Objective: To be able to follow up appropriately, anticipate the unexpected, and remain calm and cheerful

MODULE 9: Facilitating virtual sessions

AUTONOMOUS

Topics covered:

- Key elements of a successful workshop
- Exercises that work well, technical aspects (sound, lighting, decor, positioning)

Objective: To be able to offer successful virtual sessions where people participate actively.

MODULE 10: Sales

FEBRUARY 21, 2027

Topics covered:

- Barriers to our development as “salespeople”
- How and where to find your first customers

Objective: Acquire the skills and tools you need to offer your services to future customers simply and effectively.