



Career Development with Optimal Health & Performance, LLC

Internships	Independent Contractor	Business Mentoring
<p>Personal Training:</p> <p><i>Develop consult skills Shadowing training sessions Develop fitness testing skills Develop a marketing plan Engage your marketing plan Develop Programming Certification Mentoring</i></p> <p>Requirements:</p> <p>Enrolled in an accredited 2 or 4 year Exercise Science Program</p> <p>Certification desired but not mandatory</p>	<p>Personal Training:</p> <p><i>Negotiated contract service agreements based on experience, certification and serviced clients hours or gym rental based on an hourly fee</i></p> <p><i>Bring your own clients.. or participate in a developmental program!</i></p> <p><i>Great opportunity for the entrepreneurial mindset..</i></p> <p>Yoga Instruction:</p> <p>Do you love to teach YOGA? Have existing classes and need space? Rent from us!</p> <p>We are also looking for part time YOGA instructors at our Cottage Grove, MN facility.</p>	<p>Business Development Consultation Services</p> <p><i>Sales Development Marketing Plan Development Corrective Exercise Mentoring Business Plan Review Programming development</i></p> <p>Fees:</p> <p>You Pick the Topic! 100.00\hour</p> <p>Comprehensive One Day Review 750.00</p> <p><u>Includes</u> BP Review Marketing Plan Coaching 6 mo Corrective Mentoring 6 mo Sales\Consultation Critique</p>

Contact Brian Today!

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