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How to coach Member B

Type 9 · The Peacemaker · second type: Type 2 · The Giver
31 · new member · Reformer group, twice a week · coached by Trainer A

IN ONE LINE

Keep it calm, give her choices, and check in often — she won't tell you when it's too much.

WHAT MOVES HER

A calm space, a friendly face and a routine that feels easy.

WHAT MAKES HER QUIT

Pressure, loud intensity or conflict — or simply drifting away.

HER BLIND SPOT

Type 8 · The Challenger is her lowest. Hard, competitive sessions can feel too much — don't start her there.

How to coach her

Correcting form	Soft, one point at a time. Start with what she did well.
Intensity	Offer a 1–10 scale and let her choose. Start around 5.
Explaining	Keep it short. She's happy to follow your lead.
Talk	Easy, friendly chat helps her feel at home.
Progress	Ask how it feels: "How's your back compared with week one?"
Goals	Small steps, no pressure. One simple aim for the month.

SAY THIS

"Easy, steady or strong today? Your call."

"Nice work. One small change:"

"You were quieter today — all good?"

NOT THIS

"Come on, push!"

"Why didn't you say it was too hard?"

"Everyone else is doing the full version."

WATCH FOR DRIFTING

Signs: misses a session without a message, books then cancels, goes quiet in class.

Do this within 48 hours: a warm, no-blame note — "Missed you on Tuesday! Same time Thursday?"

HER FIRST 30 DAYS

Week 1

Same time, same trainer. Use her name.

Week 2

Add one new move. Ask how it felt.

Week 4

Show her one sign of progress — in how she feels.