

GET SUPPORT FROM THE LES MILLS TEAM

START YOUR JOURNEY

1. YOUR IMT TRAINER

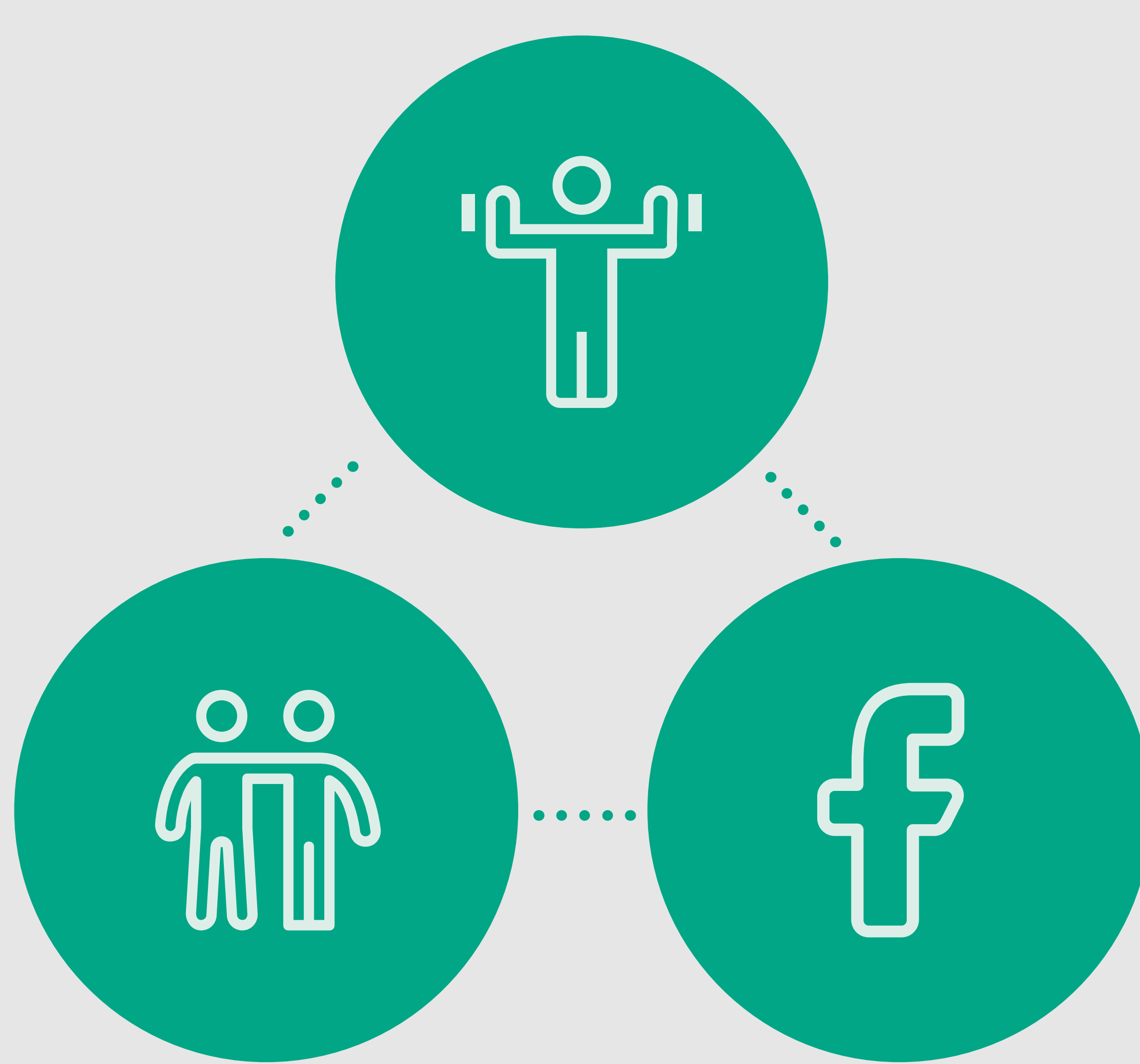
This is the person that is going to assist in getting you certified in your chosen programme. They will help you build the skills and confidence to teach your own classes and provide support along your journey.

2. BUDDY PROGRAMME

You will be partnered with another Instructor going through training so you can discuss your journey and support each other throughout.

3. FACEBOOK GROUP


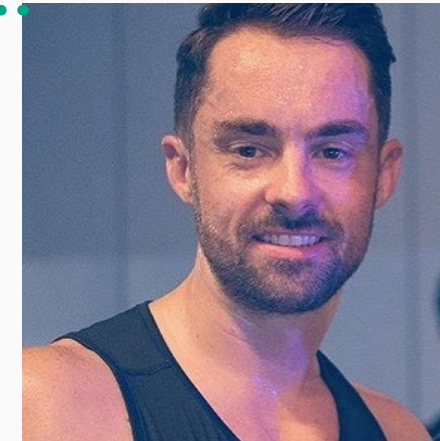

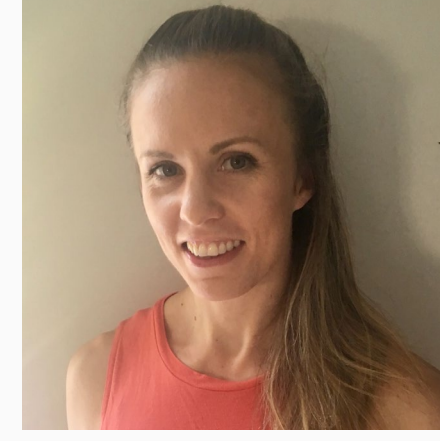
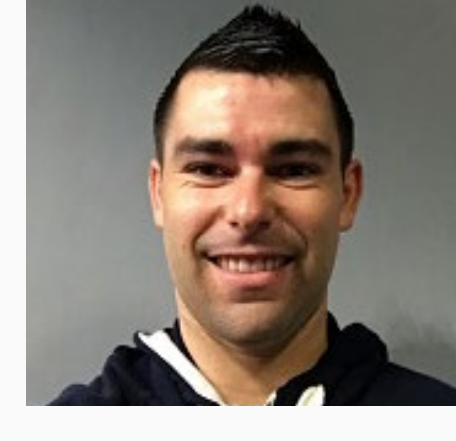

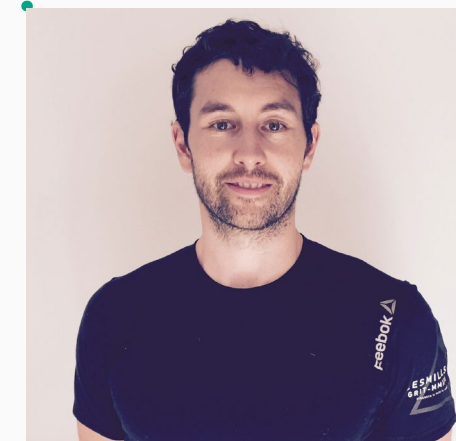
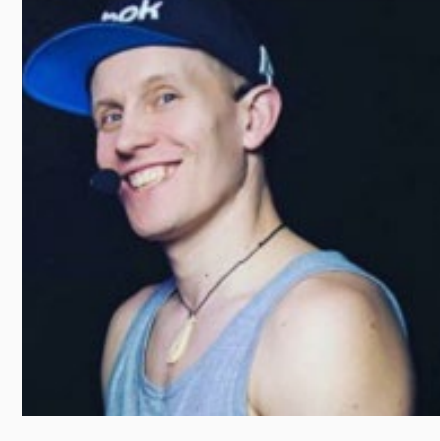

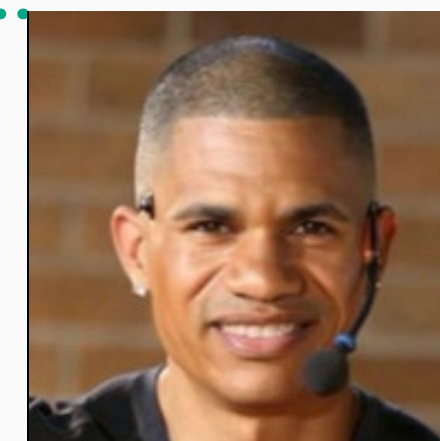
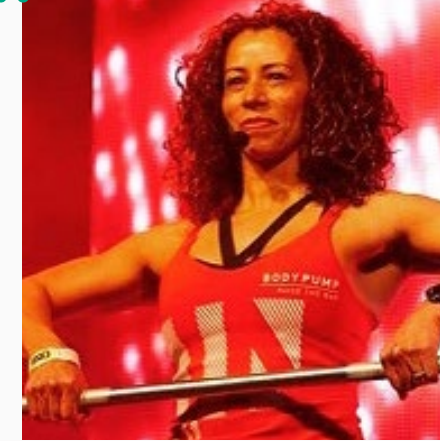
Your Trainer will set up a Facebook group where you can interact with the other people that went through the IMT training with you. This will allow you to support each other through the next stages of your journey and ask any questions.



REGIONAL TRAINING COORDINATORS

They are Trainers who work in their region to make sure Instructor training is the best it can be so you get the most from your Les Mills journey.

You can also contact them on social media or just check out what they're up to by clicking on their faces below.

 <p>SARAH DURNFORD HEAD TRAINER sarah.durnford@lesmills.com</p>	 <p>LEE SMITH North East lee.smith@lesmills.com</p>
 <p>LYNDSEY MORRISON Scotland lyndsey.morrison@lesmills.com</p>	 <p>CLAIRE PLACE North West claire.place@lesmills.com</p>
 <p>ADAM BURKE Ireland & Northern Ireland adam.burke@lesmills.com</p>	 <p>JUSTIN RILEY East Midlands justin.riley@lesmills.com</p>
 <p>MARC DOWNEY South West marc.downey@lesmills.com</p>	 <p>PHIL HARRISON West Midlands phil.harrison@lesmills.com</p>
 <p>STEVE TANSEY South West steve.tansey@lesmills.com</p>	 <p>MARCUS BENSON East Anglia marcus.benson@lesmills.com</p>
	 <p>DENICE BURR London & South Central denice.burr@lesmills.com</p>

MEET THE TRIBE COACHES

This group of Elite Instructors have volunteered to support you. They can offer advice to all Instructors from the very experienced to the brand new. The next time you've got a question reach out to the team that understand you and your challenges.

[Find your local Tribe Coach here](#)

FACEBOOK GROUP



Our Instructor Tribe is great.

You inspire others on a daily basis and are always willing to offer guidance to budding Instructors on Facebook.

[Join the group and get involved here](#)

OFFICE SUPPORT TEAM



We are here from 9.00am till 5.30pm every Monday - Friday.

Give us a call on 0207 264 0200 or email us at lmuk.instructor@lesmills.com and we will get back to you in 24 hours.

EVENTS AND COMMUNICATIONS



QUARTERLY WORKSHOPS

We take you through the latest programme specific education and research. We work with universities to test our programmes and ensure every release is backed by science. This is what makes us who we are.

We share the knowledge that makes you a world class fitness professional.



KIA ORA

Look out for your monthly newsletter. Here we share research, the stories behind Instructors, offers and updates dedicated to you.

You'll receive this via email.



TRIBAL GATHERING

We're taking your training to the next level by dedicating an entire day to your development. Instructors only! We'd love you to join at a Tribal gathering taking place in different locations throughout the year.