

# DYNAMIC PERFORMANCE DEVELOPMENT

[www.traindynamicpd.com](http://www.traindynamicpd.com)    [Info.dynamicpd@gmail.com](mailto:Info.dynamicpd@gmail.com)

## Frequently Asked Questions (FAQ)

**Question: What should I wear to the consultation?**

**Answer:** Please arrive 10 minutes early to consultation, and wear comfortable athletic clothing as you will be asked to perform a wide array of movements.

**Question: What's the cancellation policy?**

**Answer:** All sessions and consultations require a twelve (12) hour notice for cancellations or rebookings. You will be charged in full if your attempt to reschedule or cancel outside of that time frame.

**Question: What happens if I don't decide to proceed with training after the consultation?**

**Answer:** If we aren't a good fit for one another, your only responsible for the consultation fee

**Question: Are there any packages or contracts?**

**Answer:** No, we don't offer large packages. We believe in flexibility and constantly providing value to our clients.

**Question: How long is the consultation?**

**Answer:** Consultation are usually 35-40 minutes.

**Question: What would be a reason for a client not being accepted as a client?**

**Answer:** There are numerous reasons the most obvious being if your someone with very restricted availability that we don't currently have availability for. Additionally, if after viewing your assessment we don't think were the best to handle your specific scenario, we would rather refer to others in our network.

## **Question: Would you travel to work with company?**

**Answer:** We travel numerous times a year working with many premiere company's, and brands however we would need to know more about your company, tentative dates, event location, and more before we can commit to an answer. Please email us with as specified details as you can provide [info.dynamicpd@gmail.com](mailto:info.dynamicpd@gmail.com)

## **Question: How often should I train?**

**Answer:** This varies on your consultation and assessment findings the general rule of thumb is a minimum of twice per week. However, depending on your goal, phase of season, and numerous other factors increase increase in frequency can accelerate the process.

## **Question: Can I do recovery work separately with DPD?**

**Answer:** Yes, you aren't required to train with us to receive the recovery options we offer. However, you will still need to schedule a consultation for us to learn more about yourself and specific needs.