

# THINK Yourself®

A RELATIONSHIPS PRO

## IN THIS SESSION YOU WILL:

- Discover Your Personality Style
- Free STYLE-L.I.S.T. Assessment Tool Included
- Leverage Your Strengths & Weaknesses
- Identify and Match Your Clients' Communication Style
- Become a PRO at Selling Your Services

**Session 2008**

Sunday Nov. 24th, 2019

8:00 am

**TRANSFORM INTO A  
KICKASS VERSION OF YOU**

# THINK Yourself® A RELATIONSHIPS PRO -



## ENVIRONMENT

What or who in your environment supports your relationships?

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What needs to change in your environment for your relationships to improve?

Who is a good influence? Who isn't?

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## BEHAVIOUR

What behaviours do you recognize from you dominant style that support your relationships?

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What behaviours do you need to change?

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Are there any characteristics from other styles' behaviours that might be beneficial for you to consider introducing into your life?

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## SKILLS

What skills do you recognize from you dominant style that come easily and are effortless for you?

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What skills do you need to learn in order to improve your relationships?

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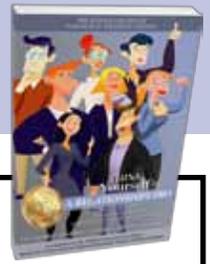
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**YOU ARE AWESOME!**



# D.N.A. System



## BELIEFS & VALUES

What beliefs do you recognize from your dominant style are serving you in your relationships?

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What limiting beliefs are holding you back?

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How can you re-phrase your limiting beliefs?

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## IDENTITY

What are your strongest personality traits? What do you love about who you are?

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What quality do you need to develop in order to improve your relationships?

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## LIFE PURPOSE

What do you recognize in the purpose of your dominant style?

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What is your purpose? Who are you serving? How are you a contributor?

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Why do you want the things that you want? What is your "Big WHY"?

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End Negative Self-Talk and Live to Your Full Potential!



# NATHALIE PLAMONDON-THOMAS

TRANSFORMATION EXPERT  
8 times International Bestselling Author



Nathalie P. is the EXPERT with a PROVEN SYSTEM to reprogram your brain and get you transformational results. She is the Founder and CEO of the THINK Yourself® ACADEMY, offering leading edge courses, trainings and events. She combines over 10 years of experience in human resources, 25 years of experience in sales and over 30 years in the fitness industry. In 2007, she was "Fitness Instructor of the Year" for Canada.

Over the past 30 years, she has inspired over 100,000 audience members and empowered thousands of clients internationally. She is on the board of directors of CAPS, the Canadian Association of Professional Speakers. She is a Master of neuroscience. She uses specific brain reprogramming processes in her practice as a Master Life Coach and Executive Coach. She has helped thousands of people in Canada, Europe and the United States getting rid of their negative self-talk. She is a No.1 International Best-selling Author of eleven books on success, wellness communication, and empowerment. Also a philanthropist, she helps the homeless in her neighborhood and the third world countries where she works in educating and empowering orphan children in needs. You receive a charity receipt for 5% of her fee.

*"You can take a horse to water, but you can't make him drink".*  
Somehow, Nathalie can.

# MAUREEN (MO) HAGAN

GLOBAL HEALTH & WELLNESS EXPERT  
Influencing Positive Change for Women Worldwide



Maureen Hagan is a global Health & Wellness Expert and has been recognized for her work that spans over three decades. Mo, as she is known in the fitness industry, is an international Award-winning fitness industry leader, program director and group fitness instructor, and a No. 1 Best-selling author and popular health and fitness columnist. In 2016 Mo was named as one of Canada's 20 Most Influential Women in Sport and Physical Activity. Also in 2016 she received the International Fitness

Industry's Woman of the Year award. In both 2017 & 2018 she was recognized as one of the Top 100 Health Influencers in Canada. Most recently Mo received the Canadian Fitness Industry Leadership award and was the first solo woman in history to do so. She is the Chief Operating Officer at canfitpro – Canadian Fitness Professionals. She is the creator of Women Who Influence, a founding member of the Women In Fitness Association Board of Directors, and a Board of Directors' member for Prescription to Get Active Canada. Mo is living her dream that she envisioned as a influencer of change, dedicated to inspire new levels of awareness for fitness, health and wellbeing worldwide. It is Mo's belief that behind all great instructors, coaches and leaders is the desire to succeed and help others do the same and this is why she is here—to move people and businesses forward in the direction of their true purpose.

# THINK Yourself® ACADEMY

## LIVE TO YOUR FULL POTENTIAL

### ONE-ON-ONE TRANSFORMATIONAL COACHING

It is fascinating how you more likely know exactly what to do, and yet, sometimes, do the reverse. You may let negative self-talk affect your life and get stuck in your own limiting beliefs, which totally affects your career, your relationships, your finances, your self-confidence and health.

### BUSINESS MENTORSHIP COACHING

You know what to do, right? 'Knowing' and not 'doing' is like not knowing at all. Accelerate your success with our business mentorship packages.

### PUBLISHING SERVICES

Become recognized as an Expert with a Bestselling book.

## THINK Yourself® BOOK series

- THINK Yourself® SUCCESSFUL
- THINK Yourself® CLEAN from the Inside Out
- THINK Yourself® HEALTHY
- THINK Yourself® GRATEFUL
- THINK Yourself® THIN
- THINK Yourself® A RELATIONSHIPS PRO



### More courses, conferences and workshops:

- THINK Yourself® POSITIVE - for KIDS
- THINK Yourself® A BUSINESS PRO
- THINK Yourself® WEALTHY
- THINK Yourself® A SALES PRO
- THINK Yourself® A LEADER
- THINK Yourself® A COACH
- THINK Yourself® AN AUTHOR

## CONTACT

Book your FREE  
15-min. Virtual Coffee:  
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End Negative Self-Talk & Live to Your Full Potential