

THINK Yourself® A COACH



Session 2207
Sunday Nov. 24th, 2019
11:45 am

**DON'T JUST BE A TRAINER,
BE A COACH**

ENVIRONMENT



What or who in your environment supports your Fitness/Coaching Business?

Who or what in your environment needs to change?

BEHAVIOUR



What behaviours do you need to do more of?

What behaviours do you need to change?

SKILLS



What skills are serving your fitness/coaching business?

What skills do you need to practice, learn?

MY POSITIVE AFFIRMATIONS

I used to _____

Now I am _____

I used to _____

Now I am _____

I used to _____

Now I am _____

I used to _____

Now I am _____

I used to _____

Now I am _____

I used to _____

Now I am _____



YOU ARE AWESOME!

DACH - D.N.A. System

BELIEFS & VALUES

What limiting beliefs do you hear your clients say? What are your own limiting beliefs?

How can you re-phrase them?

IDENTITY

What do you love about who you are?

What identity trait do you need to develop to improve your success?

LIFE PURPOSE

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

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

ANTICIPATE - PLAN B

What could get in the way?

What are you going to do about it?

ACCOUNTABILITY

List one thing you will do this week:

Write your accountability Partner's name and number:

You will be talking one week from now, on _____ (date) _____

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. She is a dynamic, engaging and professional speaker who gets you hooked with relatable stories and analogies.

Along 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.

THINK Yourself® ACADEMY

ONLINE COACHING CERTIFICATION

THINK Yourself® A COACH Online Coaching Certification.

The next step for your career may be to join the THINK Yourself® ACADEMY Team. Become a Transformation Expert. The THINK Yourself® ACADEMY forms and trains Experts with a 25-module online course to get your clients transformational results using the THINK Yourself® ACADEMY D.N.A. System.

This course includes:

- 25 online videos that you can do at your own pace.
- All the processes and forms used by Nathalie to download.
- 1 Call with Nathalie to review your homework.
- 1 Theory Exam. 1 Practical Exam

www.thinkyourself.com/coach

THINK Yourself® BOOK series

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THINK Yourself® THIN

CONTACT NATHALIE P.

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YOU ARE AWESOME!

