

WANNA REALLY GET *Results* FOR YOUR CLIENTS?



The Ultimate Cues
for Fitness Professionals
THINK Yourself® A COACH

In this session,
you will discover how to start
working "in"
instead of just
working "out"

- Learn the **neuroscience** behind motivation.
- How to reprogram your client's inner self-talk.
- Why you should STOP saying things like:

No Pain, No Gain!

- What to say and what not to say
- Responses to Limiting Beliefs and Negative Self-Talk
- General Motivational Cues
- Specific Motivational Cues
- Technical Cues
- Ericksonian Cues



+ *Bonus.*

The Proven Two-Step Technique
to Transform a Limiting Belief



Download The Ultimate Cueing Guide for Fitness Professionals here:
www.thinkyourself.com/cueingguide



THINK Yourself