



WELLNESS
COACHING
AUSTRALIA

Build Your Business Through the Positivity of Coaching

Practical Solutions to Succeed

Create a business model that connects and engages your client from their very first contact with your business.

Learn how to create success by focussing on what your clients want to change, and bringing to life opportunities that change creates.

The Workshop

- ✓ Work through and design business templates that create a balance between delivering health information you need, and supporting you to engage your clients in the process of health and wellness change.
- ✓ Learn how to match these templates to your business, from fitness to allied health to corporate.
- ✓ Work through and create programs that create partnering opportunities with other providers to deliver business to your door.
- ✓ Experience a sample seminar that can be presented to clients to explain how coaching can help them achieve their goals

The Extra Support You Need

You'll get a sneak preview of two support systems that will make setting up a coaching business simple and streamlined in either an individual business or as part of a fitness centre's services.

This business-orientated session will address, provide ideas and inspire solutions for common questions posed by graduates of the Level 1 and Level 2 Wellness Coach training.

No CECs are attached to the day.

Morning tea is provided, bring your own lunch or purchase from one of the local cafes.

Workshop Details

Where: York Function Centre, 99 York St., Sydney

When: Friday, 20 January, 10.00am to 4.00pm

Cost: \$295.00



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Your Workshop Presenters



**Fiona Cosgrove
MSc (Exercise Science), MSc
(Counselling)**

Fiona is the Founder and Director of Wellness Coaching Australia. She has over 25 years experience as a business owner, trainer, coach,

keynote speaker, lecturer and motivational speaker.

She also holds the position of National General Manager of The Golden Door group.

Wellness Coaching Australia delivers wellness coaching training, seminars, workshops, coaching services, products and information to the fitness industry, corporate world and general public.



**Troy Morgan
BSc (Exercise Physiology)
MAppSc (Sports Coaching)
(cand.)**

Troy is founder and Managing Director of Vision Exercise Physiology, Willows Health, and Willows Health & Lifestyle Centre.

He is an experienced business owner, consultant, strength and conditioning coach, and motivational speaker.

Troy's businesses combine the key elements of a traditional fitness centre with allied health services. They deliver effective, clinically designed programs that inspire clients to make lasting healthy change.

How Do I Pay?

Complete the details below and return to us by one of these methods:

- ✓ Fax: 07 5526 67567
- ✓ Email info@wellnesscoachingaustralia.com.au or
- ✓ Post: 1/9 Dolphin Avenue, Mermaid Beach 4218.

Payment details

Please charge \$295.00 to my credit card (details listed below).

Name: Company:.....

Address:.....Suburb:..... Postcode:.....

Phone:..... Fax:..... Email:.....

Card Type: Visa Mastercard Card Number (*Print clearly*).....

Name on Card: Expiry Date:.....

Signature: