

Wellness Coaching for the Fitness Professional — Audio introductory workshop \$100

(There is an option to combine with a half day face to face to fulfill requirements of Level 1.

Please contact us to discuss)

This audio program gives a great introduction to the coaching process and how it can be used in your business. The mp3 file or cd can be listened to in conjunction with a powerpoint file. A assessment has to be submitted including short written exercises to be eligible for the CECS. Suitable for trainers or managers who are interested in learning more about the benefits of using a new approach, the workshop attracts 4 CECs with Fitness Australia and covers:

- * Definition and scope of Wellness Coaching
- * Helping your clients create a vision
- * Transtheoretical model of change
- * Background of coaching psychology
- * Goalsetting, coaching skills and processes

Fax completed form to 07 5594 5334 or email at info@wellnesscoachingaustralia.com.au



**WELLNESS
COACHING
AUSTRALIA**

Charge my credit card (details listed below) with the total amount of \$100: (or other amount if combined with 1/2 day workshop as agreed)

Card Type (please circle): VISA MASTERCARD

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