A GRETCHEN GEGG COACHING MASTERCLASS

LIFECOACHING STRATEGIES FOR FITNESS PROFESSIONALS

HELP YOUR CLIENT OVERCOME THEIR LIMITING BELIEFS, GET RESULTS THAT STICK AND KEEP COMING BACK FOR MORE!

WELCOME!

THIS WORKBOOK GOES ALONG WITH THE WEBINAR OF THE SAME TITLE.
GET ACCESS HERE:
HTTPS://WWW.GRETCHENGEGG.COM/FITPROWEBINAR

My name is Gretchen Gegg and I am a lifecoach and fitness educator. My expertise lies in bringing mindset strategies to group exercise, personal training, health and wellness professionals.

More specifically, I help people who are ready to upgrade their personal life, make positive changes in their programming, modernize their methods, and take their clients/programs/studios/businesses to the next level.

In my spare time I play on the floor with my little girls, whip up nutritious treats with my family and take life less seriously.

LIFECOACH WISDOM

"WHATEVER YOU VIVIDLY IMAGINE, ARDENTLY DESIRE, SINCERELY BELIEVE AND ENTHUSIASTICALLY ACT UPON...MUST INEVITABLY COME TO PASS."

- PAUL J MEYER

STRATEGY #1

USE BODY-POSITIVE ASSESSMENT TOOLS

There are two old beliefs about assessment.

Belief #1 - Assessment is a before and after comparison.

A better belief is:

_____

_____

_____

Belief #2- Assessment is a tool for physical health only.

A better belief is:

_____

_____

_____

Toolkit: "6 Pillar Assessment Tool"

STRATEGY #2

CREATE VISION VERSUS SET GOALS

Use assessment tools to identify a client's true values. Sometimes what is holding them back is not what THEY or YOU think is the biggest issue.
From there ask powerful questions that will help guide you to a clients true vision/"why"/motivation.

What types of questions are important to ask?

Toolkit: "6 Pillar Vision Statements" & "Get to Their Why - Powerful Questions"

STRATEGY #3

INCORPORATE MODERN METHODS OF BEHAVIOR CHANGE

What does "modern" mean?

The R.A.M.P. Method

R _____ X

A _____ X

M _____ X

P _____ X

= **BEHAVIOR CHANGE**

What is a trigger?

What is metacognition?

Where would you get a client's motivation?

Why is the "P" important?

STRATEGY #4

BUST THROUGH LIMITING BELIEFS

Limiting beliefs can be ours or our clients. We need to know how to re-train our thoughts/our client's thoughts and make our beliefs work for us.

Toolkit: "Thought tool for Identifying Limiting Beliefs"

What do we do once we have identified the thought?

STRATEGY #5

TEACH THE THREE THINGS THAT PREVENT RELAPSE

What is relapse?

The Three S's to Making it Stick!

#1 _____

#2 _____

#3 _____

BONUS : TOOLKIT

FOR SELF-USE OR USE WITH CLIENTS

6 PILLAR ASSESSMENT TOOL

	RATE	RANK
PHYSICAL HEALTH		
MENTAL HEALTH		
RELATIONSHIPS		
ENVIRONMENT		
FINANCES		
SPIRITUALITY		

1 = horrible (rate), least important (rank)
10 = perfect (rate), most important (rank)

6 PILLAR VISION STATEMENTS

	WHAT DOES "PERFECT" LOOK LIKE?
PHYSICAL HEALTH	
MENTAL HEALTH	
RELATIONSHIPS	
ENVIRONMENT	
FINANCES	
SPIRITUALITY	

GET TO THEIR "WHY" - POWERFUL QUESTIONS

HOW WOULD YOU SHOW UP IF YOU WERE ALREADY "PERFECT"?

WHAT DO YOU NEED MORE OF?

WHAT DO YOU NEED LESS OF?

WHAT SCARES YOU?

THE WHY:
WHAT WOULD IT MEAN TO YOU?

THOUGHT TOOL FOR IDENTIFYING LIMITING BELIEFS

IDENTIFY THE SITUATION:

WHAT DOES IT MAKE YOU THINK?

HOW DOES IT MAKE YOU FEEL?

WHAT DO YOU DO?

WHICH PART DO YOU HAVE CONTROL OVER?

THANK YOU!

GET MORE INFORMATION AT WWW.GRETCHENGEGG.COM

WANT TO WORK WITH GRETCHEN TO MASTER THESE SKILLS?
BOOK A CONSULTATION AT
HTTPS://CALENDLY.COM/GRETCHENGEGG/CONSULTATION