



Day 2

Grab Your *Best Stuff*

Do you ever feel like you're repeating yourself, answering the same questions, and delivering the same materials to each of your private clients?

That's exactly what happens when you're stuck on the private client hamster wheel. And the good news is you can use all that knowledge and put it into a course.

Now you may be wondering ...

Who will buy my course?

What will I teach?

Where will my course live online?

When will I do my live trainings?

Why will anyone want to work with me?



During today's live training, I'll help you understand **WHY** people will hire you online. Join me on Facebook Live at 10:00 am Pacific / 1:00 pm Eastern.

For now, let's work on the WHAT. Think about three mini breakthroughs you or your clients have experienced. The key word here is **MINI!**



I'll start with an example.

Meet Jayne!

During her 90 pound weight loss journey with me she had many breakthroughs and one that I really remember was when I finally (and I mean FINALLY!) convinced her that weight loss was possible without deprivation or perfection.

With this memory, I filled out the chart below.

Now you get to fill in the rest. Your teachings can be from your journey, one client's journey or three different clients. It doesn't matter.

Client Name:

Jayne

Ah-Ha Moment:

Enjoyed dessert and lost weight

Coaching Method:

Planned Indulgence Strategy

Look at you Coach!

BOOM! That's one thing you can teach. Read your fellow coaches' examples on the next page and then brainstorm two more examples on page 15.

Jump into the Facebook group, look for the **Day 2 Graphic**, and tell us about one of the things you will teach and a little bit about the client who experienced the ah-ha moment.



These Coaches Are *Keeping it Simple!*

60 year old woman does 45 pushups!



Kim Wyatt Ryan I had an older client that wanted to workout but was intimidated by the weights. My strategy was to introduce her slowly to exercises, maintain the exercises until she mastered them, and when she was confident, moved on to other exercises. This 60 year old woman that had never worked out in life was doing 3 sets of 15 pushups!

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2

Slow down to eat less!



Colette Rippey Fields Clients ah-ha moment: if I slow down when eating I won't eat as much, therefore reduce over all calories. Oftentimes we are so busy that we forget to slow down and enjoy our food. Teaching strategies to help the client slow down would be my approach.

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2

Say goodbye to judgment and perfectionism!



Marcy Cox My clients do not feel judged by me and feel encouraged when they leave me. I think it's because I coach that this is a life long journey and there will be ups and downs but forgiveness is key against self sabotage. No more all or nothing thinking or perfectionism.

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2

Brilliant reframe!



Fiona Attard Reframing a weight loss plateau as an opportunity to practice maintenance!

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4

Three cheers for the middle part of life!



Tracy Kelly Glows Christie Miller what if the middle part of your life is where it really starts to get good ... that's what I'm going to teach irrespective of partners, finances, health, career 🎉💋💃💖💛

Love · Reply · 1w



3

No is a complete sentence!



Anita Thomas One of the first things I teach my clients is that "no" is a complete sentence and how to say it without feeling selfish or guilty. Most of the time when I tell them this they say "you're right, it is" with this wonderfully shocked look on their face.

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2

5 minutes go a long way!



Jessy George I teach my clients to do a 5 minute planning everyday - first thing - to acknowledge how they are feeling, what is one important thing they want to accomplish today and to prioritize their day.

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3

