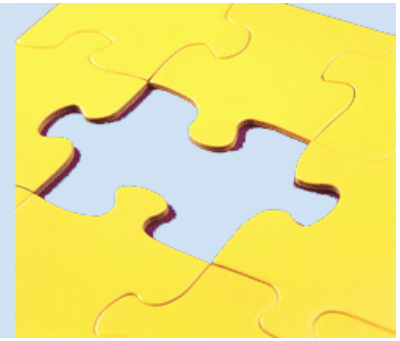


Coaching

Don't settle for what is.

Strive for what can be!



Do you often fall into the trap of doing the same things each year and never getting results? You set yourself the same New Year's Resolutions, you hope to go on a holiday, get a promotion at work, spend more time with the family, get fitter and healthier – yet every year you set the same goals and they don't happen? Coaching can help you focus on the things that you really want and make them happen. Successful athletes use coaches; successful business people use coaches, now it's your turn to have a coach and push yourself to the next level.

Coaching is for the person who...

- Wants to make a permanent change in their life for the better – no more autopilot!
- Is sick and tired of getting the same results time after time
- Wants to push themselves out of their comfort zone and finally achieve those goals
- Wants to live a more balanced lifestyle
- Needs accountability, structure and the right tools to make it happen
- Wants results that are realistic and absolutely achievable!

What you receive: Introduction to Personal Coaching for Successful Weight Loss

- 3 x 45 minute face to face Personal Coaching Sessions
 - Goal Setting: Let's get specific about what you really want in life and make it happen!
 - Nutrition: Understanding the role of nutrition in your day to day life. Learn what a realistic diet is, how food affects your energy levels and how much food you need to be eating (that includes all the yummy foods too!)
 - Advanced Nutrition: Learn the truth about quick fix diets and why cutting out food groups never works. Learn how to make healthier choices when cooking and shopping that will benefit your entire family but you won't have to sacrifice taste and flavour.
- 2 Phone Conversations for 30 minutes
- Email correspondence and support
- A monthly educational and motivational newsletter

Total Value: \$180

Introduction Price:

Pay upfront and only pay: \$150!

or 2 x Instalments of \$90





Amanda Woollard

Is a Personal Trainer, Weight Loss Coach and Lecturer who has helped countless clients change their lives. Amanda understands that Personal Training is more than just 'sweat sessions'. For her clients to be successful there are often obstacles that people need to overcome that are holding them back. Quite often whatever 'obstacles' people face in training are the obstacles they face in life too. Through her own experiences and those of her clients, Amanda will be able to work with you to help you gain perspective on where you are at, what you want to achieve and how you are going to get there. Together we will create a strategy to help you move to the next place. Amanda is very passionate about helping people be the best they can be and live life to the fullest!

This program will help break down those barriers & encourage you to be all you can be! Don't wait, make it happen!

Order Form:

Payment Details: Payment Upfront: \$150 or Monthly Instalments 2 x \$90

- I will transfer the amount \$_____ to BSB: 633 000, Acc No: 1225 95036 Reference: *Your Name*
- I will be making a cash payment of \$_____ prior to commencement of our first training session.
- I will make payment of \$_____ via Direct Debit

Name: _____

Address: _____

Suburb: _____ Postcode: _____

Phone: _____

Email: _____

