

Breaking Habits: The Keys to Behaviour Change

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Breaking Habits: The Keys to Behaviour Change is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn the top tips for coaching clients to make positive behaviour changes. The information covered in the course will help Fitness Professionals maximise the performance of their clients.

Breaking Habits: The Keys to Behaviour Change explores:

- The essential elements for change
- Creating sustainable motivation
- Interview questions that will help you to start seeing themes of the client's values.
- Aligning life values and client behaviours
- Connecting your clients to your business and to their health and fitness vision
- Coaching with compassion as opposed to coaching for compliance
- Engaging clients in the positivity and opportunities change can bring

Upon successful completion, course participants will:

- Have 9 elements for change
- Be able to identify and facilitate readiness for change with your clients
- Understand how to educate your clients for autonomy
- Be able to prevent and manage relapse
- Have the skills to coach clients with a focus on possibilities rather than weaknesses
- Be able to engage clients in the positivity and opportunities change can bring
- Understand how to open conversations that create connections

Course Creator Bio

Chad's expertise in the area of applied exercise psychology. Using his unique expertise, along with his background working as a personal trainer, he consults to gyms and personal training businesses in Australia, New Zealand and the US, helping fitness professionals understand the psychology of retention. He also works as a sport psychologist with professional teams and Olympic athletes.

Troy is the owner of Queensland's Fitness Business of the Year 2010, Troy turned his vision for Willows Health & Lifestyle Centre into a successful facility that incorporates traditional fitness services and an allied health centre. His extensive experience in health and fitness, together with his motivational approach, has resulted in Troy becoming a highly sought after professional speaker for both corporate and community organisations.