

*"This course truly has been
THE best course I have ever
completed. I was totally
engaged for 3 days and have
gained so much from it"*

*Richard Marsh,
Absolute Fitness*



"A Mindset for Success"

NLP Coaching for Fitness Professionals

with Sharon Jones

*Preparing ourselves mentally to perform well is
the 'essence' of a successful mindset for a healthy
lifestyle and peak fitness*

3 Days Endorsed NLP Coaching Diploma

NLP Coaching for Fitness Professionals

April 10th to 12th 2015 - London
September 25th to 27th 2015 - Manchester

Call 01925 714113 to book

**Early Bird Booking
£390**

for bookings made at least 3 weeks
prior to course (normal fee £420).



The Professional
Guild of NLP





Sharon Jones is a personal performance coach, fitness professional and NLP Trainer with over 14 years experience in the fitness and health industry. She has appeared on Sky TV and Channel 4 as a fitness instructor and is creator of Mindslim mindrobics (www.mind-slim.co.uk), a revolutionary approach to mental training for weight control and fitness.

Sharon specialises in motivation and behaviour change and has worked with 1,000's of people and organisations in helping them achieve their personal performance and wellbeing goals.

Why Attend?

Sometimes, the hardest muscle to get in shape is the one 'between the ears'. It is well recognised that the world's leading performers in sports and business use cutting edge psychological techniques and coaching strategies to help them to be at the top of their game and perform at their best. Therefore, it makes absolute sense to apply these approaches in fitness, weight control and lifestyle coaching.

NLP (Neuro Linguistic Programming) can help to create a mental approach for peak physical, mental and emotional performance by enhancing confidence, ability, attitude and motivation to succeed at any level and maximise our potential by changing beliefs, habits, thoughts and behaviours.

Who is this course for?

This course is primarily for personal trainers, fitness tutors, fitness instructors, weight management consultants and wellness coaches. It is also beneficial for athletes and anyone with a keen interest in their own fitness and wellbeing. The course can be applied to self-development as well as client development. (A pre-requisite of Level 3 PT/Advanced Instructor is required to claim CPD points).

Course Outline

- **The 'outer game' versus the 'inner game' of fitness and wellbeing**
- **Creating and coaching clear and achievable goals**
- **Managing the motivational switch for behaviour change**
- **Exploring attitudes to fitness and health**
- **How to get into 'the zone' to perform with a peak mental state**
- **Powerful communication techniques and performance coaching strategies**
- **Build passion, belief and confidence to give your business the 'Winning Edge'**

"I just wanted to thank you for a truly inspirational weekend. I learnt so much over the 3 days and I'm just starting to realise it!"

Steve Williams,
Lifetime HF



**For bookings CALL 01925 714113 or log onto
www.mindbody-solutions.co.uk**

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See Cancellation & Refund Policy and Terms & Conditions upon booking.