

THE KEY TO  
ATTITUDE CHANGE...



# MINDSET COACHING

LEVELS 1 & 2 - ONLINE



Physical Activity  
Australia  
Accredited Program



**FIRE UP**  
COACHING



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COACHING

## THE KEY TO ATTITUDE CHANGE...

MINDSET COACHING IS A POWERFUL TECHNIQUE FOR HELPING TO DRIVE PERMANENT CHANGE AROUND BEHAVIOURS, HABITS AND LIMITING PATTERNS OF THINKING.

AT FIRE UP COACHING® WE WANT TO SUPPORT YOU TO GAIN THE KNOWLEDGE AND SKILLSET TO TRANSFORM YOUR CLIENTS LIVES.

You will gain skills and knowledge to help individuals identify what stops them achieving their desired outcomes, as well as;

- Understand the neuroscience of behaviour change
- Optimise engagement
- Increase motivation
- Habituate positive thinking
- Coach players to believe in the possibility of change
- Gain invaluable professional and personal insight
- Engage players and staff to be accountable

“

**Mindset Coaching separates the coaches from trainers. To be able to converse with a client and empower them to make life changing decisions is very rewarding. Mindset Coaching should be a part of every personal trainers portfolio.**”

*Michael Scott - Mindset participant 2015.*



“The most effective thing I have learnt and use every session is simply the language. Saying things the right way to allow the client to take ownership and make their own decisions.”

Ben Scott, Mindset participant 2015.

## YOU WILL WALK AWAY WITH:

- 16 CECs with Fitness Australia
- 3 PDPs with Physical Activity Australia
- Proprietary use of the REACH™ Model
- FIRE UP Coaching members area access to proven resources and support

“Not many trainers are taught the skills to be able to listen, communicate and motivate. Mindset Coaching bridges this gap and I have found them to be extremely useful for both my own mindset and wellbeing as well as my clients.”

Jason Galea - Mindset participant 2015.

SIGN UP VIA OUR FIRE UP WEBSITE AND START YOUR COACHING JOURNEY TODAY!

[FIREUP.COM.AU](http://FIREUP.COM.AU)

## PROGRAM OVERVIEW:

### LEVEL 1

- What is coaching?
- How to communicate utilising a coaching style effectively with clients
- Developing 'Attention Density' to create habitual change
- Positive Psychology
- Motivational Interviewing and the Transtheoretical Model of Change
- Coaching clients towards the belief in the possibility of change



### LEVEL 2

- REACH™ Coaching Model
- Developing RAPPORT and client trust
- Powerful questioning and partnering with a client to create a health plan
- The language of solution focused thinking
- Coaching tools, processes and strategies to enable change
- How to provide health mentoring and solution focused feedback
- Supporting a client through change



## WHAT IS COACHING AND HOW WILL IT BENEFIT YOU?

Coaching is about empowering individuals and teams to reach their goals. Coaches use their tools, skills and frameworks to inspire and motivate people to draw on the resources and competencies they have within themselves.

### If you are truly coaching, you will be:

- Advice and instruction free
- Focused on the future not the past
- Empowering your clients with responsibility and ownership for their own health and wellbeing
- Entering into a partnership with your client to provide the support and skills they need as they move towards permanent behavioural and lifestyle change





# REGISTRATION - MINDSET COACHING 2016.

PLEASE RETURN COMPLETED REGISTRATION FORM BY EMAIL, FAX OR MAIL.



## ONLINE PROGRAM - REGISTER NOW

REGISTER VIA [FIREUP.COM.AU](http://FIREUP.COM.AU) OR COMPLETE THE FORM BELOW AND EMAIL BACK TO US

### ENTRY REQUIREMENTS

Fitness professionals, sports coaches and athletes wanting to understand a model for mindset coaching

Personal Trainers wanting to accrue Fitness Australia CECs are required to have a Certificate IV in Fitness and be a current member of Fitness Australia. Personal Trainers wanting to accrue PDP's are required to have a Certificate III in Fitness and be a current member of Physical Activity Australia. Members of the general public and those not involved in the Fitness Industry are also most welcome to participate.

**MINDSET COACHING LEVELS 1 & 2 - \$750.00 NOW \$599** New special price for 2016. We've simplified our process and can pass the savings on to you!

### PERSONAL DETAILS

Please invoice directly to me  Please invoice my Company

Name: \_\_\_\_\_ Company Name: \_\_\_\_\_  
Address: \_\_\_\_\_ Company Address: \_\_\_\_\_  
Postcode \_\_\_\_\_ Postcode \_\_\_\_\_  
Email: \_\_\_\_\_ Company Email: \_\_\_\_\_  
Mobile: \_\_\_\_\_ Phone: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_

### PAYMENT DETAILS (Please tick)

Cheque  EFT  
BSB: 633 000 / Acc #: 112626940  
Bank: Bendigo Bank / Acc Name: FIRE UP Coaching

Visa/MasterCard 2.5% surcharge added

Cardholders Name: \_\_\_\_\_

Card Number:

Expiry Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ CCV: \_\_\_\_\_

Signature: \_\_\_\_\_

### TERMS AND CONDITIONS

**Registration confirmation:** Upon receipt of registration a written confirmation is sent. **Payment policy:** Payment must be made upfront. **Cancellation and transfer policy:** Requests must be made in writing. **Cancellation fees:** 25% more than 7, 50% less than 7 and more than 2, 100% less than 2, business days prior to course commencement. No charge for approved substitutes. **Course cancellation:** FIRE UP Coaching reserves the right to cancel courses due to insufficient registrations or conditions beyond its control. **Privacy policy:** By completing this form participants agree to information being collected and used for registration and RTO reporting requirements in line with national privacy principles. **Safety and security:** Information, including after-hours measures, available on request prior to registration.

I have read and agree to the terms and conditions

Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### CONTACT US:

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