

A GRETCHEN GEGG COACHING MASTERCLASS



LIFECOACHING STRATEGIES FOR FITNESS PROFESSIONALS

HELP YOUR CLIENT OVERCOME THEIR LIMITING BELIEFS, GET RESULTS
THAT STICK AND KEEP COMING BACK FOR MORE!

WELCOME!

THIS WORKBOOK GOES ALONG WITH THE WEBINAR OF THE SAME TITLE.

GET ACCESS HERE:

[HTTPS://WWW.GRETCHENEGG.COM/FITPROWEBINAR](https://www.gretchengegg.com/fitprowebinar)

My name is Gretchen Gegg and I am a lifecoach and fitness educator. My expertise lies in bringing mindset strategies to group exercise, personal training, health and wellness professionals. In 2018, I launched The MiMo Method - an online course for the "other 90%" of people who aren't investing in their health.

The MiMo Method is a program designed to teach clients how to fix MINDSET BLOCKS (outdated behavior change techniques, broken thought patterns, lack of vision) so that fit pros can do what they do best - put bodies INTO MOTION and give clients the results that they deserve. Stay tuned to learn how you can become a MiMo Coach today and offer top-of-the-line, body positive coaching (for both one-on-one and groups) based on psychological, physiological and lifecoaching methods.



LIFECOACH WISDOM

**"WHATEVER YOU VIVIDLY IMAGINE, ARDENTLY DESIRE, SINCERELY BELIEVE AND ENTHUSIASTICALLY ACT UPON...MUST INEVITABLY COME TO PASS."
- PAUL J MEYER**

STRATEGY #1

USE BODY-POSITIVE ASSESSMENT TOOLS

There are two old beliefs about assessment.

Belief #1 - Assessment is a before and after comparison.

A better belief is:

Belief #2- Assessment is a tool for physical health only.

A better belief is:

Toolkit: "6 Pillar Assessment Tool"





STRATEGY #2

CREATE VISION VERSUS SET GOALS

Use assessment tools to identify a client's true values. Sometimes what is holding them back is not what THEY or YOU think is the biggest issue.

From there ask powerful questions that will help guide you to a clients true vision/"why"/motivation.

What types of questions are important to ask?

Toolkit: "6 Pillar Vision Statements" & "Get to Their Why - Powerful Questions"

STRATEGY #3

INCORPORATE MODERN METHODS OF BEHAVIOR CHANGE

What does "modern" mean?

The R.A.M.P. Method

R _____ X

A _____ X

M _____ X

P _____ X

= BEHAVIOR CHANGE

What is a trigger?

What is metacognition?

Where would you get a client's motivation?

Why is the "P" important?





STRATEGY #4

BUST THROUGH LIMITING BELIEFS

Limiting beliefs can be ours or our clients. We need to know how to re-train our thoughts/our client's thoughts and make our beliefs work for us.

What do we do once we have identified the thought?

Toolkit: "Thought tool for Identifying Limiting Beliefs"

STRATEGY #5

TEACH THE THREE THINGS THAT PREVENT RELAPSE

What is relapse?

The Three S's to Making it Stick!

#1 _____

#2 _____

#3 _____



BONUS : TOOLKIT

FOR SELF-USE OR USE WITH CLIENTS





6 PILLAR ASSESSMENT TOOL

| | RATE | RANK |
|-----------------|------|------|
| PHYSICAL HEALTH | | |
| MENTAL HEALTH | | |
| RELATIONSHIPS | | |
| ENVIRONMENT | | |
| FINANCES | | |
| SPIRITUALITY | | |

1 = horrible (rate), least important (rank)
10 = perfect (rate), most important (rank)



6 PILLAR VISION STATEMENTS

**WHAT DOES "PERFECT"
LOOK LIKE?**

PHYSICAL HEALTH

MENTAL HEALTH

RELATIONSHIPS

ENVIRONMENT

FINANCES

SPIRITUALITY



GET TO THEIR "WHY" - POWERFUL QUESTIONS

HOW WOULD YOU SHOW UP IF YOU
WERE ALREADY "PERFECT"?

WHAT DO YOU NEED MORE OF?

WHAT DO YOU NEED LESS OF?

WHAT SCARES YOU?

THE WHY:
WHAT WOULD IT MEAN TO YOU?



THOUGHT TOOL FOR IDENTIFYING LIMITING BELIEFS

IDENTIFY THE SITUATION:

WHAT DOES IT MAKE YOU THINK?

HOW DOES IT MAKE YOU FEEL?

WHAT DO YOU DO?

WHICH PART DO YOU HAVE
CONTROL OVER?

Take your training to the next level. Become a MiMo Coach today!



- **5 Self-Paced Modules** covering the strategies behind the MiMo Method, detailed assessment strategies, vision & goal-setting, modern method of behavior change, relapse prevention, busting plateaus and more! Each Module includes:
 - Lesson videos & printable notes with strategies for successful implementation in one-on-one and group settings (valued at \$1,250)
 - Client tools - printable worksheets for clients and groups to work through (valued at \$547)
- **Access to my movement library** of over 30 different accessible/all-level workouts for cardiovascular conditioning, muscular fitness, range of motion and balance - now with a KIDS and PRENATAL/POSTPARTUM workout program included! (valued over \$1,500)
- **Bonus Material** - videocast interviews with mindset strategists and successful fit pros, downloadable meditations for self-use or with clients, additional client tools and anything else I can give you for FREE (valued over \$3,000)
- **Group coaching calls with Gretchen** (valued over \$650)

[**CLICK HERE TO APPLY!!**](#)

THANK YOU!



GET MORE INFORMATION AT WWW.GRETCHENEGG.COM

WANT TO WORK WITH GRETCHEN TO MASTER THESE SKILLS?
BOOK A CONSULTATION AT
[HTTPS://CALENDLY.COM/GRETCHENEGG/CONSULTATION](https://CALENDLY.COM/GRETCHENEGG/CONSULTATION)