

# Transformational Health & Success... for Health & Wellness Professionals

*Boost Results! Designed for and by Health & Wellness Professionals*

**A six-session coaching program. Attain your next level of Health & Success.  
Join us to help reach your true potential!**



*“Your health is what you make of it. Everything you do and think either adds to the vitality, energy and spirit you possess or takes away from it.”*

*- Ann Wigmore: The Hippocrates Diet and Health Program*

Presented by Tish Conlin: Author, Registered Nutritionist, Black Belt Shoot Wrestling President of Global Consulting Group Inc.

## COURSE SESSION OUTLINES

### SESSION 1: PEAK PERFORMANCE ENERGY

- Plan your day for peak energy & maximum success
- Energy Audit: Find any gaps in physical, mental, emotional, financial and spiritual areas
- H&W Leader Lesson: Manage energy - not time! Plan your consumption to pace your energy
- 5 Energy-Boosting Tips for business development
- Challenged! Too little/much work, draining clients
- Book review “Perfect Health” (Deepak Chopra)
- Review: Handouts, Q & A, Best foods for energy

### SESSION 2: MOVEMENT IS POWER

- Confidence killers that cost nutritionists business
- Rebuilding lost client relationships
- H&W Leader Lesson: Is sitting the new smoking?
- Increasing confidence to win sales & get more clients
- Structure your day to increase movement & confidence
- 7 Tips: An Exercise Lifestyle - boost motivation
- The book: ‘Born to Run... Superathletes...’ (McDougall)
- Review: Handouts, Q & A, Best foods for motivation

### SESSION 3: BE A STRESS MANAGEMENT GURU

- Overview: Importance of stress, pros & cons, how to change your relationship with stress-for-success
- Stressed Out !!! ...What to do.
- H&W Leader Lesson: Less stress → better relationships
- 6 Tips to reduce phone and presentation stress
- Book: ‘Stress Management...’ (Charlesworth, Nathan)
- Review: Handouts, Q & A, Best foods to reduce stress

### SESSION 4: FOCUS - GETTING IN THE ZONE

- Top down and bottom up brain functions
- H&W Leader Lesson: More success by better focus
- 5 Tips: create, attain achievable goals, avoid distractions
- The book: ‘Focus... the driver of excellence’ (D. Goleman)
- Review: Handouts, Q & A, Best foods for concentration, memory and intelligence

### SESSION 5: MASTER COMMUNICATOR

- Overview of Emotional Intelligence and how it works
- H&W Leader Lessons: Emotional Intelligence, scripts for repeat business, role-playing communication for success
- 7 Tips for overcoming self-doubt and slumps
- Book: ‘Emotional Intelligence...Sales Success’ (C. Stanley)
- Review: Handouts, Q&A, best foods to boost, regulate mood

### SESSION 6: ATTRACTION MARKETING

- Overview of Attraction Marketing and how to use it to better advertise your business & attract clients
- H&W Leader Lesson: Draw clients to you... positively!
- 7 Tips for daily authenticity, engagement & passion
- The Book: ‘...Engaging the Magic’ (M. Dooley)
- Review: Handouts, Q&A, best foods to boost your charisma & regulate hormones



**Contact us today!**

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