

FitNews

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open your doors to the people

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Highlights of the Fitness
NSW Industry Awards

Physical inactivity costing
us in more ways than one

New vision
heralds change



Wellness Coaching: a new approach to helping clients achieve lasting behaviour change

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Many years have been spent in the fitness industry developing exciting new products, creating state of the art facilities and making the best trainers available to the public. Their knowledge increases as does the general public's but still lasting change eludes many people. A new approach is needed.

Wellness coaching

Wellness coaching has emerged from a variety of industries and the fitness industry in Australia is perfectly placed today to embrace it. Fitness professionals can use wellness coaching to help clients overcome obstacles that get in the way of their success.

Wellness trainers prescribe and give information. Wellness coaches use powerful questions to get the client to think in a different way and see more choices. Coaches assist clients to make the right choices and design a plan which includes staged goals and strategies to create lasting change. At the beginning, clients are prepared and supported with tools that they can use to overcome obstacles and understand why they really want to create this change.

A new challenge

Wellness coaching provides exciting opportunities not only for personal trainers to extend themselves and learn a new skill set, but for club owners to be able to offer an additional program,



or add on, that has greater chance of success. Trainers will experience satisfaction in being able to take a new approach and help their clients on a deeper level.

How do you become a Wellness coach or use the model to produce better results in your Club for your clients?

There are several training programs available. Wellcoaches in the US have recently approved Certificate IV in Fitness as a prerequisite for their four month weekly teleclass training program (www.wellcoach.com.au) If you wish to add skills to your Club team, workshops can provide a solid training base and a model can be implemented that will add to your existing training system.

For more information on how to become a wellness coach, visit www.fionacosgrovecoaching.com.au, www.coachfederation.org, www.coaching.com/CoachU, and www.coachville.com ■

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