

WEEKLY LAYOUT

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| 1 | Goals, Values & Outcomes <ul style="list-style-type: none"> Weekly Intent: Clear values & goals as a coach |
| 2 | Assessing Your Strengths & Weaknesses <ul style="list-style-type: none"> Weekly Intent: Identify strengths & weaknesses and gameplan to “fill the holes” |
| 3 | Identifying Your Ideal Client <ul style="list-style-type: none"> Weekly Intent: Have a clear understanding of who your ideal client is and what this means |
| 4 | Remote Coaching Efficiencies <ul style="list-style-type: none"> Weekly Intent: Create a game plan to become more efficient in your coaching practice |
| 5 | Setting Clear Expectations, Onboarding-Intake & Initial Consult <ul style="list-style-type: none"> Weekly Intent: Systematize the process of setting expectations & onboarding clients remotely |
| 6 | Remote Assessing-Fitness & Lifestyle <ul style="list-style-type: none"> Weekly Intent: Systematize the process of assessing clients remotely |
| 7 | Goal Oriented Program Design <ul style="list-style-type: none"> Weekly Intent: Refine coaches 3 P's process |
| 8 | Coaching Lifestyle/Nutrition Remotely <ul style="list-style-type: none"> Weekly Intent: Refine lifestyle/nutrition process |
| 9 | Case Study- Lifestyle & Nutrition <ul style="list-style-type: none"> Weekly Intent: Feedback & refining |
| 10 | Case Study- Planning & Periodization <ul style="list-style-type: none"> Weekly Intent: Feedback & refining |
| 11 | Case Study- Writing Programs <ul style="list-style-type: none"> Weekly Intent: Feedback & refining |
| 12 | Wrap-Up, Q&A <ul style="list-style-type: none"> Weekly Intent: Confidence in coaching clients in a remote setting |