

wellcoaches®

SCHOOL of COACHING

Wellcoaches Premium Class

Overcoming Obstacles to Weight Loss: Coaching Strategies and Thinking Shifts for Success

Led by Wellcoaches Faculty Greg Hottinger
and Michael Scholtz

Date/Time: Noon ET Wednesdays January 23-March 13
75-minute class each week (teleclass)

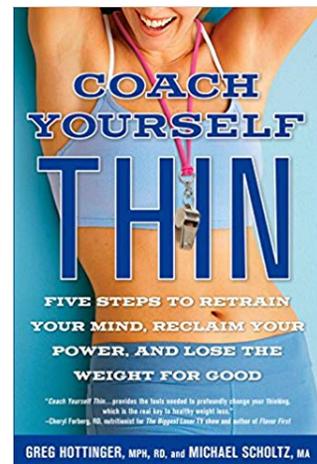
Course fee: \$425

Registration deadline: Friday, January 18

CEUs: Wellcoaches 10, ACSM 10, ICHWC 10, NCHEC 10,
CDR 10

Materials: [Coach Yourself Thin](#)

[Register](#)



Fad diets that promise to help people lose weight once and for all have been selling for years, and yet, Americans are heavier than ever before. If a diet plan built on rigid rules was effective, we wouldn't have an obesity epidemic on our hands. Making lifestyle changes and losing weight for the long term requires a different approach. Greg and Michael use the seven undermining obstacles to weight loss from Coach Yourself Thin as a platform for detailing coaching questions, strategies, and tools that you can use to help your clients be successful.

This series is an excellent resource for coaches with overweight clients frustrated by not losing weight "no matter what they try," and who are seeking new ways of approaching weight loss with those clients.

This class focuses on practical coaching tools that you can use in your practice and each class we work on a case study taken from participants' real-life experiences. Upon completion of this series, coaches will have a thorough understanding of seven key obstacles and efficient ways to help clients navigate them.

Wellcoaches Cancellation Policy

Cancellations and refund requests must be received in writing via mail or email. Any ap-

licable refund will be determined by the date that the request is mailed or sent (if requested by email) according to the following policy:

- **If you request a refund prior to the class start date**, you may receive a refund for 95% of the course fee.
- **If you request a refund after the first class**, you may receive a refund for 25% of the course fee.
- **No refunds will be granted after the first class.**