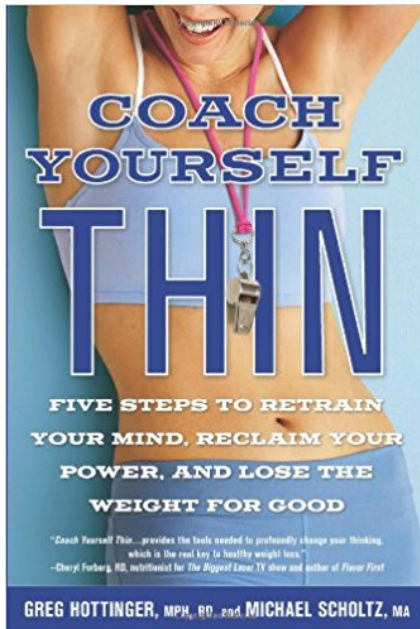


Overcoming the 7 Key Obstacles to Weight Loss: Coaching Strategies and Thinking Shifts for Success

Led by Wellcoaches Faculty Greg Hottinger and Michael Scholtz



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.

This 75-minute, 8-week live teleclass series will be held on:

9 am PT/12 pm ET Wednesdays, January 24, 31; February 7, 14, 21, 28; March 7 & 14

\$425 enrollment fee

Registration deadline: Friday, January 19

Materials: [Coach Yourself Thin](#)

CEUs: Wellcoaches - 10 CCEHs; ACSM - 10 CECs

Go to <http://wellcoacheschool.com/events-and-classes/> to register