



CORPORATE WELLNESS

You know that your employees are your most important asset. As a business owner/manager/human resources coordinator you must find ways to:

INCREASE:

Workplace morale, productivity, accountability, company loyalty, and performance

DECREASE:

Absenteeism, turnover, sick leave, and health care costs

With so many variations of corporate wellness programs on the market, what separates our program from the rest?

OUR TRAINING SYSTEM

Identifies your disempowering patterns and associated thoughts and emotions:

Teaches you how to interrupt the thoughts and emotions that trigger self-defeating patterns;

Increases your focus, motivation, intentionality, commitment and drive;

Produces increased results

WHAT YOU CAN EXPECT

Feel turned on and alive
Desire to be accountable
Increased capacity to create
Confidence to tackle any challenge
Interactive weekly goal/mindset tracking
Weekly calls with a supportive community
Weekly coaching that creates breakthrough

12 WEEK MINDSET COACHING SERIES

This coaching resource was created to support you at achieving remarkable results in your life! The educational training system teaches participants how to create new relationships with the thoughts, emotions and excuses that previously kept them from reaching their goals.

ABOUT THE OWNER

With over 20 years of Personal Training and Life Coaching experience, Dan Bernard has worked with thousands of clients all over the World. Dan is a husband, father, T1D warrior, educator, motivator, and mentor. With his unique ability to be compassionate while truth telling,

Dan is well known for connecting with his clients in such a way that they begin to create results in their life that were previously unattainable.



Imagine a workplace with an entire team of people committed to the same goal - REALLY COMMITTED! A space where feedback and accountability are encouraged and desired. A group of people learning to put circumstances aside and produce results at a high level.

When you participate in a traditional training program and experience discomfort, you use your interpretation of the pain to reinforce your pre-existing thoughts and feelings; "I can't do it". Eventually, you quit. Whether you quit prior to meeting your goals or after achieving your goals - the results are the same - you end up back where you started!

It's your mind that is, in so many ways, creating your results and stopping you from achieving your desired goals. People fall short of their goals because their disempowering thinking and feeling that takes over and creates your results.

WHAT OUR CLIENTS ARE SAYING

"Dan is an amazing motivator, pushes you to your max without making you feel incompetent....."
Angie

"Dan is super supportive and makes me feel my success is as important to him as it is to me....."
Denise

"Coaching with Dan has transformed my mindset from impossible to possible....." Renee

"Dan is a coach that creates movement in your life....." Laura



For more information and registration:

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