

# BADASS DIABETIC I AM I <sup>TM</sup>

## Are you living BIG, BOLD and BADASS?!

Badass Diabetic Llc is the ultimate resource for Type 1 Diabetics (and their loved ones) to learn to live beyond their life circumstances. T1D can be hard, but with our support you will gain confidence and learn to identify yourself as Tough and Uncompromising. (BADASS!) Through education, motivation, and empowerment, your MINDSET will shift. You will create remarkable results because you say so, and nothing is going to stop you! While it's true all T1Ds share a common bond, we offer separate calls for teens, college, adults, athletes and parents of T1Ds.

### 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.

## NON-PROFIT ORGANIZATIONS

Your company provides an incredible resource for Type 1 diabetics, and everyone that participates LOVES it. So, what the problem? When it ends, the participants have to go back home and are isolated again and are disconnected from the community they love to be immersed in. Our 12 week conference call was created to be added to remarkable programs like yours. Once your event is over, we begin our course to keep the participants connected and engaged. AND provide them with additional resources and skills to build confidence and achieve their goals - knowing T1D can't stop them.

### 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

### 12 WEEK MINDSET COACHING SERIES

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

## 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

## IT'S YOUR TURN TO STEP UP!



## WHAT OUR CLIENTS ARE SAYING

"Thanks Dan! This was a fantastic course, it was not difficult and the results were enlightening. My standard programming needed a good ol' reset, Thanks for helping me break those old loops."  
Paul - Founder Type One Outdoors

"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

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

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



For more information and registration:

[www.badassdiabetic.org](http://www.badassdiabetic.org)



Badass Diabetic Llc, Nations Ford Rd Suite C,  
Charlotte NC 28273

[Dan@badassdiabetic.org](mailto:Dan@badassdiabetic.org)

### OUR MISSION

1. CREATE A PLATFORM FOR AN EMPOWERED COMMUNITY OF TYPE 1S TO SHARE THEIR STORIES OF THE AMAZING THINGS THEY ARE ACCOMPLISHING AROUND THE WORLD.
2. HOST BADASS EVENTS FOR TYPES 1S TO GET TOGETHER AND HAVE FUN.
3. PROVIDE MINDSET COACHING TO SUPPORT TYPE 1 DIABETICS TO LIVE BIG, BOLD AND BADASS.
4. RE-BRAND WHAT IT MEANS TO BE TYPE 1 DIABETIC

