

BADASS DIABETIC I AM I TM

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.

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.

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

BREAKTHROUGH EVENTS

Upon completion of your 12 week call you will be eligible to participate in one of our Outdoor Adventure Based Activities that allow you to have an experience in living Big, Bold and Badass. (Skydiving, rock climbing, zip lining, surfing, bungee jumping, white water rafting)

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 helped me reach a monumental milestone in my life....." Brian

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

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

"I feel like I have awoken to myself, who I wanted to be and who I now see as an option to be. I feel like I have stopped numbing my "stuff" and now can look at, process the "stuff" and choose what I carry with me and what I leave behind that is not serving me." Anne - Founder The Wonder Mom Project



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

For more information and registration:

www.badassdiabetic.org



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