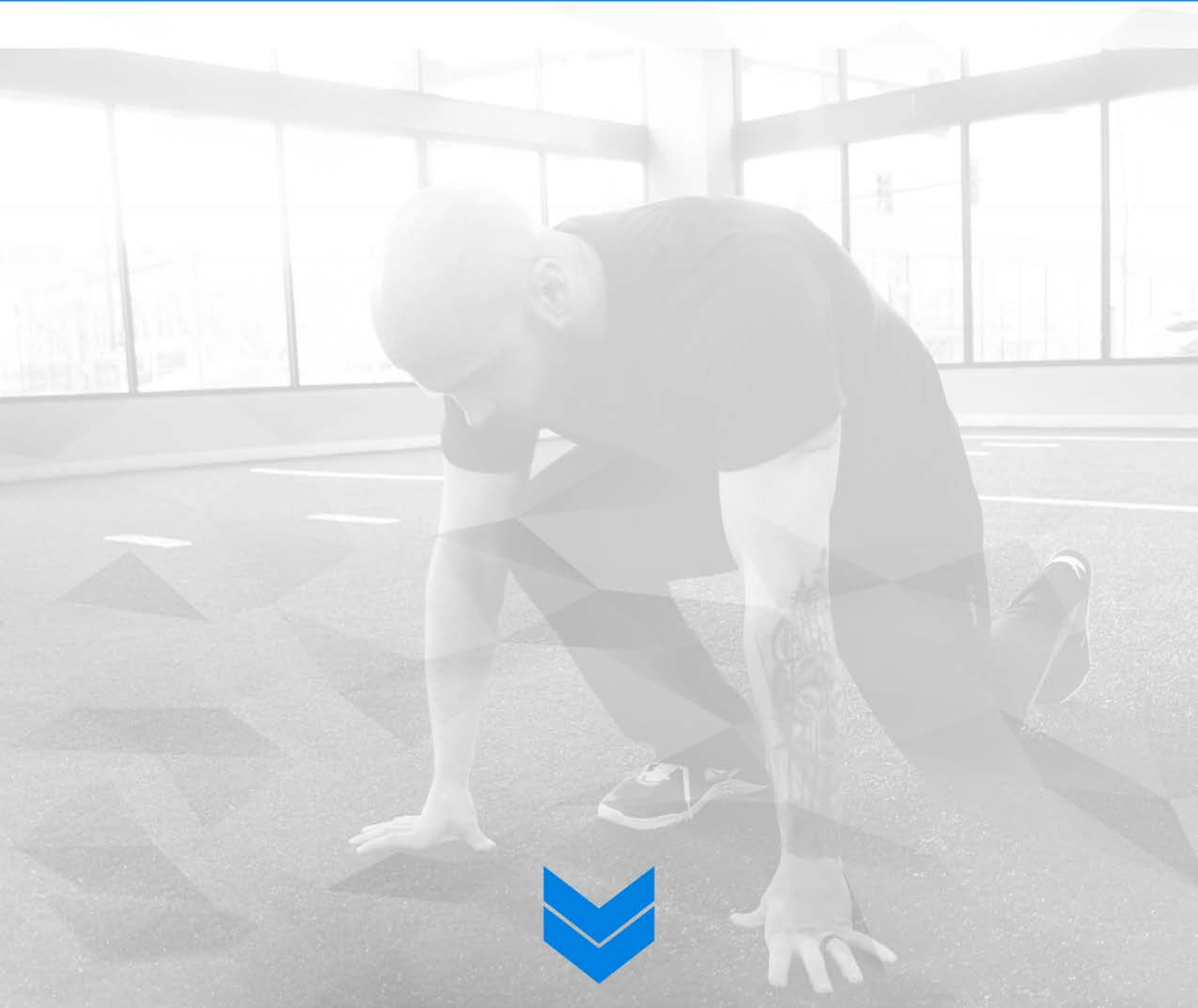




**THE ULTIMATE
TRAINING MENTORSHIP**

GETTING THE MOST OUT OF THIS COURSE



2 | Getting the Most Out of This Course



Welcome to the course!

I am super excited to have you here.

Before we get officially started up, there's a few things I would like to cover so you get a maximum return on investment from your time in this course.

WHAT TO DO RIGHT NOW

1. Book time in your calendar everyday to dedicate to the material in this course.
2. Have a look around. Right now, you won't see a whole lot, just a few things to click. But, get comfortable because this is where your entire course is going to be laid out.
3. Get to know me! Coaches need coaches, and if you haven't met me just yet or have been referred by a colleague and didn't know me previously— work your way on over to my main website and check out the About me section.
4. Take a deep breath and relax. You have just taken a massive step in joining this mentorship process with me, I will take it from here and let you know everything you need to know, and when you need to know it. All I ask of you is that you show up each and everyday with positivity, enthusiasm, and a willingness to learn.

DON'T FIND TIME, MAKE TIME

Amateurs find time, professionals make time.

To succeed in this course and in any large venture in life, you have to plan, prepare, and commit to daily practice. I already know you're busy, we all are. But with the beauty of an online course, you have the opportunity to accommodate your schedule accordingly around work, travel, and all of life's inevitable chaos.

If you're here, I'm guessing you want to be the best you can possibly be. And if you want to be the best you can possibly be, you're going to have to make your education a priority.

Starting now.

3 | *Getting the Most Out of This Course*



Get your calendar (I use Google calendar), look at your weekly schedule, and block off time everyday for this course. For most people, this course will take about 3-5hrs per week of your time.

It doesn't matter when you do the course, online courses accommodate for the morning person, the night owl, and even the person who needs to study during breaks at work. It doesn't matter, just book time every day to make this thing happen.

You're here for self-improvement, and self-improvement time slots are non-negotiable. Don't ever miss the appointment you make for yourself. I understand life can sometimes happen with travel, family events, illness, honeymoons, alien attacks, and monsters under the bed.

So you might have to do some schedule juggling, but in any case my expectation of you (which should be your expectation of yourself) is that you give me 3-5hrs per week in order to change your life over the next 4-Months together.

If you give me your time and undivided attention, nothing can stop us.

WHAT YOU CAN EXPECT TO LEARN

Accurate expectations are an important part of a coaching process. Your clients should understand your expectations, and what they should expect from themselves. This is how commitment is born and targets can be made.

Likewise, it's important to set the expectations early in a mentorship process such as this. If you show up everyday with energy, enthusiasm, positivity, and a willingness to learn—you can expect me to teach you:

- How to be self-aware and have a critical thinking mindset
- How to develop strong yet professional relationships with clientele
- Have the ability to guide clients through all of the stages of coaching from newbie at the gym to advanced trainee who knows their body from the inside-out
- Understand what's truly important and prioritize the principles, ideas, concepts, and even the more broad theories and put them all into real-world application
- Know exactly when and where to use the tools and strategies in your coaching toolbox for different demographics with different goals



- Understand the difference between being a coach, and being a programmer
- Treat clients as the unique individuals that they are and create plans based on these unique factors such as age, gender, culture, ethnicity, training status, knowledge, learning style, and confidence level
- Work effectively on your own and build your business to brand new heights
- Communicate clearly to your client physiology that may have been difficult to articulate before
- Solve complex problems thoughtfully and apply them to even the toughest of client cases
- How to represent yourself as a professional in this industry to build your brand

THE TOP 15 TRAITS OF THE BEST TRAINERS IN THE WORLD

In addition to the course content on the theory and application of program design, there will also be a weekly segment outlining what the best trainers in the world are doing on a daily basis. These will be short, 4-7min videos each week that I want you to treat as a new habit to incorporate into your day-to-day life. Watch these everyday if you have to and ingrain these new habits into your life and use them as motivation to reach your potential. By the end of the course, you will have practised all 15 traits and will be well on your way to dominating your market.

HOW YOU WILL BE ASSESSED

There will be a final exam at the end of this course that will include both practical application questions (case study based) and objective physiology questions. No need to worry about this just yet, you will get plenty of reminders from me along the way. If you check in everyday, you'll do just fine and gain your certificate.

In the assessment department, I'm expecting academic honesty on your part. Being that this is an online course it's quite obvious no one is going to be looking over your shoulder.

5 | *Getting the Most Out of This Course*



If you're here, I'm expecting you want to grow as a person and people don't grow if they don't pay attention and plagiarize from Wikipedia. You're here for the knowledge, not just the certificate.

What good is a certificate without the knowledge?

In this industry, it's much more about what you know than what credentials you have. Doing the work, acting with integrity, and being actively engaged in this process will allow you to both talk the talk and walk the walk. You know this from working with clients already, there is just no substitution for doing the work.

With our expectations set between the both of us, I can't wait for you to dive into all the content over the next several months.

Talk soon!



-Dan Garner

DAN GARNER
TEAM GARNER FOUNDER AND CEO