



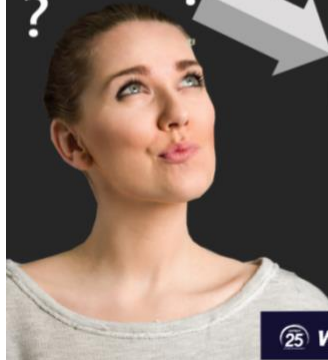
Mo Hagan

THINK Yourself® A LEADER



Nathalie P.

THINK Yourself®
D.N.A. SYSTEM



THINK Yourself™ DNA System

DNA



25th Anniversary
WORLD FITNESS EXPO
BUSINESS

PERSONAL TRAINING MARKETING TRENDS SALES
 MANAGEMENT SERVICE GROWTH LEADERSHIP

Saturday August 11th - 7:30 a.m. to 8:45 a.m.

Session 4116

by Nathalie Plamondon-Thomas
Transformation Expert
& Maureen "MO" Hagan
Global Fitness Visionary

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HAVE YOU HAD A BAD LEADERHIP EXPERIENCE?

- You know what you want to BE but you are not.
- Fear
- Stress
- Lack of knowing your Purpose

NOTES: _____

YOUR BRAIN POWER

- Logical Mind
- Unconscious Mind
- Personal Assistant
- Self-Sabotage

NOTES: _____

THE D.N.A. SYSTEM

DESIRE (Environment & Behaviours)

NEW YOU (Skills & Beliefs and Values)

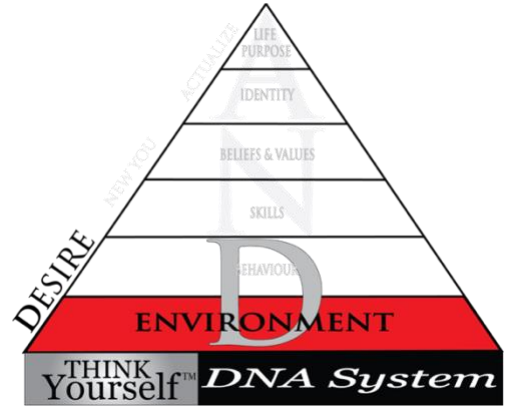
ACTUALIZE (Identity & Life Purpose)

NOTES: _____

THE “D” - DESIRE

ENVIRONMENT

- *You are the Average of the 5 people you spend the most time with – Jim Rohn*
- Seek Healthy Collaboration
- Pathfinder



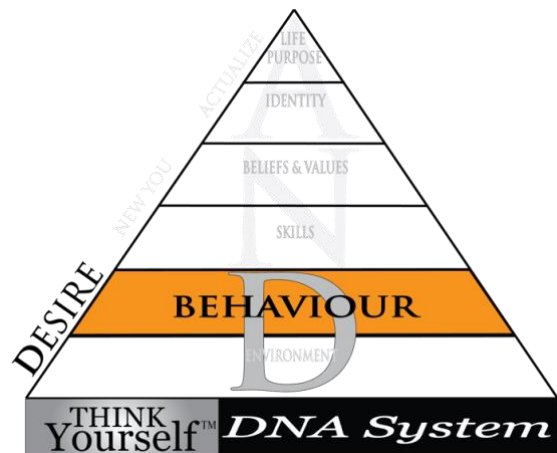
NOTES: _____

What or who in your environment supports your leadership?

Who or what in your environment needs to change?

BEHAVIOURS

- Posture
- Smart Goals
- Lifestyle
- Stress Management
- Sleep
- Disciplined Daily Action
- Start eliciting your positive outcome.
- What do you want?



NOTES: _____

What behaviours support your success?

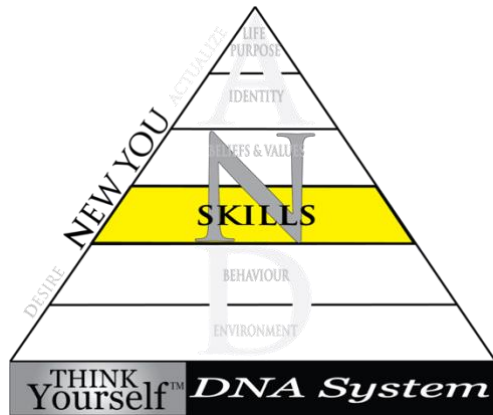
What behaviours do you need to change?

Your Positive Outcome:

THE “N” - NEW YOU

SKILLS

- On-going Personal Development
- Professional Development
- Practice Practice Practice



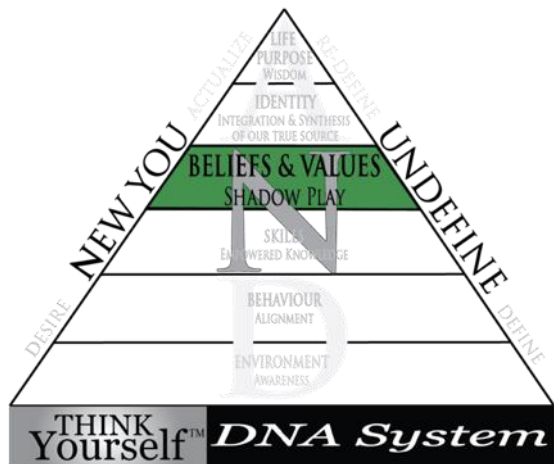
NOTES: _____

What skills come easily and are effortless for you?

What do you need to learn?

BELIEFS & VALUES

- Emotional Drivers
 - Power
 - Affiliation
 - Achievement
- Perserverance – Persistence
- Steadfastness – Consistency
- Self-Confidence



- Keep Going Attitude
- Mindset
- Self-Sabotage
 - o Intention Behind the Behaviour
 - o Language
 - o Limiting Beliefs
- Negative to Positive
 - o Being A Leader is Demanding
 - o I am Nobody, why would people even follow me?
 - o I am not smart
 - o You can't have a thriving career and make money in the fitness industry

NOTES: _____

What limiting beliefs are holding you back from being you leader you can be?

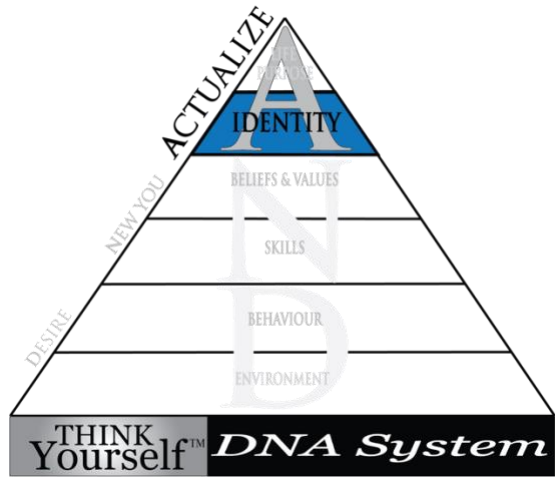
How can you re-phrase them?



THE “A” – ACTUALIZE

IDENTITY

- Role Model – Lead by Example
- Visionary
- Communication
 - o STYLE-L.I.S.T.
 - Leader
 - Influencer
 - Supporter
 - Thinker



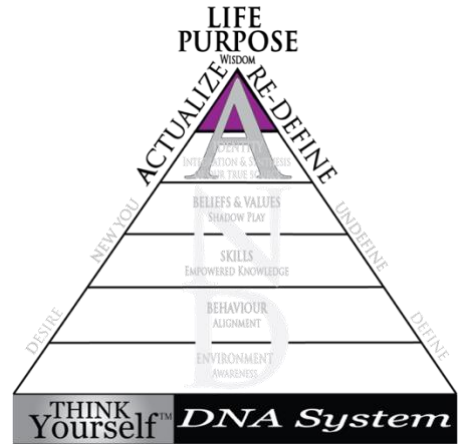
NOTES: _____

What do you love about who you are?

Is there anything that would serve you in order to be a better leader and that you commit to change?

LIFE PURPOSE

- Passion
- Purpose
- Influence
- Inspire

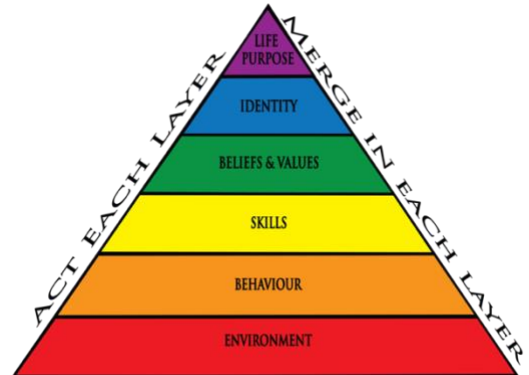


NOTES: _____

Who are you serving? How are you a contributor?

Why do you want the things that you want? What is your “Big WHY”?

ACT & MERGE



LAYERS OF A PERSON'S SELF

NOTES: _____

ANTICIPATE - PLAN B

What could get in the way?

What are you going to do about it?

ACCOUNTABILITY

List one thing you will do this week:

What are you going to do to stay motivated?

Write your accountability Partner's name and number:

You will be talking one week from now, on _____ (date) _____

YOUR FEEDBACK IS IMPORTANT

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Session no. 4116

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NATHALIE PLAMONDON-THOMAS



The Expert with a proven system to reprogram your brain and give you transformational results. Founder of the THINK Yourself® ACADEMY, Creator of the D.N.A. System, Speaker, Master Life Coach, No.1 best-selling author of 10 books on wellness and empowerment & Publisher.

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**THINK
Yourself®**
D.N.A. SYSTEM

MAUREEN “MO” HAGAN



A Women on the MOve!
International Health, Wellness and Anti-Aging Expert
No 1 Best Selling Author-Speaker
Canada’s Top 100 Fitness Influencer
Award Winning Fitness Instructor and Program Director

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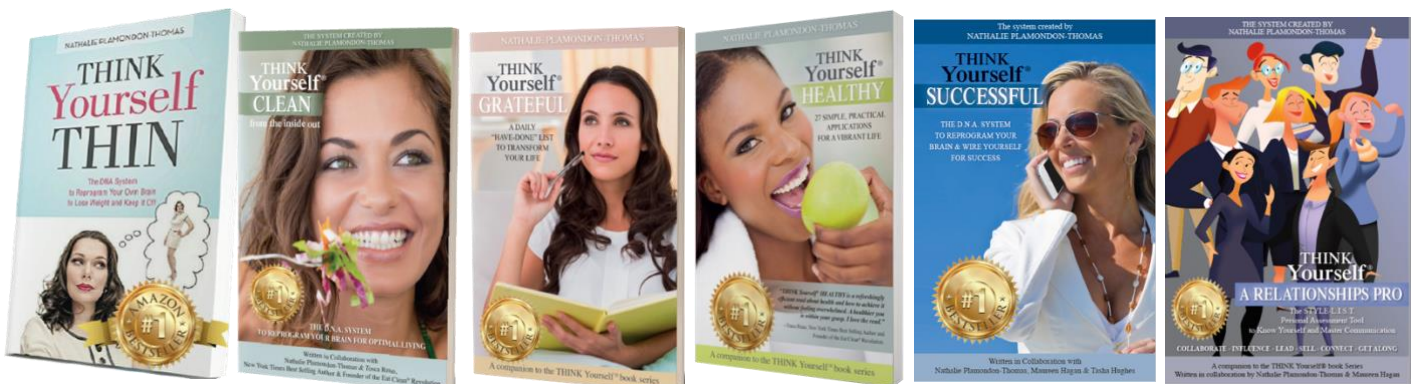
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NOTES: _____
