



GENESIS COACH TRAINING LEVELS 1-3

Genesis Transformation is a rapidly growing entity with a high success rate. The demand for qualified coaches is growing as well! The Genesis Coach Certification program certifies a candidate as an independent contractor to use the Genesis Transformation process as a tool within the candidates individual business.

The Genesis Coach Certification is comprised of three levels:

LEVEL 1

- Initial Client Interview and Consultation
- Analysis
- Fueling
- Basics of fitness progression
- Techniques for coaching clients through hurdles
- Certification requires passing a practical examination

LEVEL 2

- Rotation
- Prescriptive cardiovascular training and body conditioning
- Adapting to client lifestyle variants
- Certification requires passing written examination

LEVEL 3

- Maintenance
- Long term goal setting
- Paradigms and congruency
- Certification requires no examination

2012 GENESIS COACH TRAINING DATES:

LEVEL 1: February 16, 17, 18

LEVEL 2: April 12, 13, 14

LEVEL 3: October 11, 12, 13

All 3 Levels will be held in TUCSON, AZ. Attendance is limited; register early.

FOR INFORMATION, PRE-REQUISITES AND REGISTRATION:

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