

Start Date: 26 September 2022 (Break for Thanksgiving October 10th & Halloween October 31st)

End Date: 28 November 2022

Day/Time: Mondays 6.30pm - 8.00pm

Duration: 8 weeks – up to 90mins per session

Location: Leisure & Activity Centre (177 Upper Park Drive, Amherstview, ON)

Age limit: 14+

Cost: Individuals \$380 – Bring a friend/family \$340 each + HST + ticketing fees

Tickets: Eventbrite - <https://www.eventbrite.com/e/elevat8-8-week-program-coaching-to-mentally-and-physically-succeed-tickets-400884986787>

Event Description:

If you are looking for a jumpstart, a fresh start or just to get out with other motivated individuals, this 8-week workshop provides just that!

A combination of life coaching and interval training designed to elevate you mentally, physically and socially through community participation, access to the foundation principles of life coaching and group training all in one package.

Each weekly 90-minute session will include a blend of core energy coaching and progressive bodyweight training to get you up and active with the focus of setting personal goals, raising awareness, increasing emotional intelligence and utilizing our ability to make positive consciousness choices for a healthy present and successful future. Each session will start with a coach-lead discussion around specific topics and finish with a group workout.

The fitness element of this program is built around doing 3-5 bodyweight workouts per week (you can do this at home, no equipment required). We will do one together as part of our weekly sessions. In week one, we will start together with 14 minutes of high/ low intensity intervals, and we will progress over the course of the entire program to 30min of sustained intensity by the end of the 8 weeks. Each week you will receive a workout progression to do along with recommended reflection activities based on the coaching topics of that week.

Pre-requisite

Individuals wishing to participate in the program must be physically safe and able to take part in progressive exercise over an 8-week program. Signing of a **Waiver** and **PAR-Q+** is required to participate. www.newbucketcoaching.ca/events

Elevat8 Program Outline

Week 1

Discussion Topic: What Is Core Energy?

An introduction session exploring what Core Energy is, different types of energy, how energy influences our lives and how we can make productive use of that knowledge in a framework allowing us to make conscious choices toward our goals.

Session Workout: 7 x 1min high / 1min low

Week 2

Discussion Topic: Exploring Our Energy Part 1 - Levels 1-3

Exploring the impact that lower levels of energy have on our lives and how to move past them. Themes of the victim mindset, avoidance, conflict, and judgment. How to move beyond and make use of acceptance, responsibility, forgiveness and cooperation.

Session Workout: 12 x 1min high / 1min low

Week 3

Discussion Topic: Exploring Our Energy Part 2 - Levels 4-7

Exploring the impact that higher levels of energy have on our lives and how to increase our use of them. Themes of care, support, opportunity, impact, joy and creation. Understanding how to match the energy we bring to a situation with the desired outcome.

Session Workout: 4 x 2min high / 1min low

Week 4

Discussion Topic: What's Holding Us Back? - Types of Energy Blocks

Discussion around 4 major types of blocks that can get in our way as we set out to create desired changes. What they are, how to identify which are showing up and how to manage them.

Session Workout: 9 x 2min high / 1min low

Week 5

Discussion Topic: What Influencers Our Energy? - Part 1

Introduction to the first 3 of 6 influencers and the impact on how much of ourselves we can bring to any given situation. What they are, how they show up, how we present differently when they are up/down and how to increase them when needed.

Session Workout: 6 x 3min high / 1min low

Week 6

Discussion Topic: What Influencers Our Energy - Part 2

Continued exploration of influences 4-6 and the impact they have on us in any given situation. What they are, how they show up, how we present differently when they are up/down and how to increase them when needed.

Session Workout: 4 x 4min high / 1min low

Week 7

Discussion Topic: Life Disciplines to Live By Part 1

Discussion on the first 5 of 10 disciplines that can help us create ease in a situation that isn't feeling how we want it to. What the disciplines are, how to know which one/s we would benefit from and how to use them.

Session Workout: 3 x 9min high / 1min low

Week 8

Discussion Topic: Life Disciplines to Live By Part 2, Program Wrap Up.

Continued discussion of disciplines 6-10. What they are, how to know which one/s we would benefit from and how to use them. Wrapping up the program with any questions, reflections, and thoughts for moving forward.

Session Workout: 1 x 30min high (We did it!)