



TENACITY HEALTH COACHING – THE TEACHER’S HEALTH, FITNESS AND WELL-BEING COACH - PROGRAM OPTIONS

F6 - THE SIX FITNESSES	TPT – TOTAL PERSONAL TRANSFORMATION	TEACH WELL	LEAD WELL
<p>F6 explores what makes people tick. It explores the concept that fitness is not merely physical. Fitness is holistic. It encompasses all that makes us human.</p> <ul style="list-style-type: none"> ● Physical Fitness: movement, balance, flexibility, strength, power, energy ● Social Fitness: relationships, Interpersonal skills ● Moral Fitness: Beliefs, Values, Religion, Culture, Law ● Financial Fitness: Earning, Independence, Lifestyle, Prosperity ● Cognitive Fitness: Thinking, Learning, Decision Making ● Emotional Fitness: Feelings, Moods, Intra-personal skills <p>FEATURES:</p> <ul style="list-style-type: none"> ● 1:1, small & large groups ● Accountability, support & systematic processes ● Individually tailored content ● Phone, face to face or on-line delivery ● Practical & easy to implement <p>BENEFITS:</p> <ul style="list-style-type: none"> ● Reduce stress ● Increase energy ● Improve self-esteem ● Improved holistic fitness ● Increase daily movement ● Learn sleep enhancement strategies ● Non-accredited TQI hours 	<p>Uncover what’s been stopping you, slowing you down or keeping you from creating the life you want. Discover a powerful vision of your potential & what achieving it will mean to you. Find out what lifestyle habits are limiting your access to your full potential & what to do about it.</p> <p>FEATURES:</p> <ul style="list-style-type: none"> ● 1:1 personalised coaching ● 10 week program ● 1 hour personal coaching per week ● Email & phone support as required ● Accountability, support & systematic processes ● Phone, face to face or on-line delivery ● In and/or out of school hours ● Practical, fun & easy to implement <p>BENEFITS:</p> <ul style="list-style-type: none"> ● Replace health limiting habits with health enhancing habits. ● Sustainable life transformation skills ● Develop an attitude of gratitude ● Replace judgement with curiosity ● Non-accredited TQI hours 	<p>To teach well teachers need to be well. Teach well covers what teaching well actually means & how it can be achieved. It provides loads of ideas, tips, advice & action steps.</p> <p>FEATURES:</p> <ul style="list-style-type: none"> ● 1:1, small group or large group options ● Accountability, support & systematic processes ● Individually tailored content ● Phone, face to face or on-line delivery ● Practical & easy to implement ● Ongoing support as required ● 1 off up to 10 week delivery <p>BENEFITS:</p> <ul style="list-style-type: none"> ● Discover your strengths & opportunities for development ● Renew your love for teaching ● Reduce stress & increase confidence ● Learn to get out of your own way ● Improved time management skills and techniques ● Regain life balance ● Improved holistic fitness ● Develop a power down for sleep ritual ● Ongoing coaching support ● Non-accredited TQI hours 	<p>This program is perfect for education leaders at all levels. It’s about being a great role model for those we lead, manage & are responsible for. It’s about empowering leaders to switch from habitual reaction to thoughtful responding in times of stress, anxiety & challenge.</p> <p>FEATURES:</p> <ul style="list-style-type: none"> ● 1:1, small group or large group options ● Accountability, support & systematic processes ● Individually tailored content ● Phone, face to face or on-line delivery ● Practical & easy to implement ● Ongoing support as required ● 1 off up to 10 week delivery ● In and out of school hours options ● Email & phone support as required <p>BENEFITS:</p> <ul style="list-style-type: none"> ● Reduce stress ● Improve sleep quality ● Regain life balance ● Reduce self-sabotage ● Understand that self-care is essential; not selfish. ● Improved holistic fitness ● Improve relationships 



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I coach teachers and education professionals to take care of themselves & improve their health in order to add years to their lives and life to their years.

- Phone, internet or face to face coaching.
- All sessions are individually tailored to suit the needs of the client.
- Guest speaking/presentations.
- Individual, small and large group coaching available.
- 1 hour micro topic specific sessions, half day and whole day options as well as ongoing 10 week programs available.
- Both in and out of school hours options available, including stand down, weekends & holidays.
- Certificate provided upon request to support TQI Professional Learning hours. (Non-accredited)

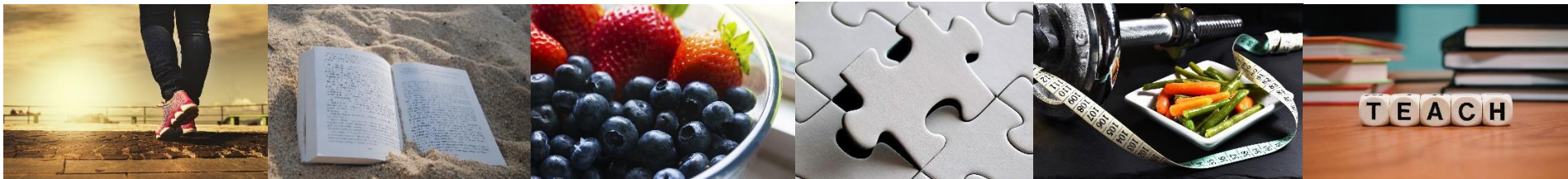
BENEFITS:

Reduce: stress; anxiety; lethargy; unhappiness; burn out; exhaustion; low morale; absenteeism, presenteeism, weight, overwhelm, self-sabotage, nutrition confusion, dehydration.

Improve: holistic health (all of The Six Fitnesses – Physical, Social, Moral, Financial, Cognitive & Emotional), communication, energy, happiness, job satisfaction, self-esteem/image, gratitude, optimism, productivity, time management, relationships.

It’s about what you CAN do, not what you can’t. Together we move wants and hopes into action and outcomes. You CAN achieve greater happiness, fitness, health and well-being. You CAN be the education professional you want to be.

Tony Cox | Teacher | International Coaching Federation Certified Health Coach | 0411 056 605 | tony@tenacityhealthcoaching.com | www.tenacityhealthcoaching.com



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Hi, I’m Tony Cox, principle consultant and Founder of Tenacity Health Coaching. I’m an International Coaching Federation certified Health Coach and Masters qualified teacher with 20 years of experience at all levels from Pre-School to Tertiary. I have a unique insight and set of skills to service the specific needs of the Education profession. The Teacher’s Health Coach programs have been designed to support teachers and education professionals when dealing with their health, fitness and well-being.

I coach education professionals to create sustainable habit change to transform their health and lifestyle to DO better, FEEL better and BE better. Using Transformational Coaching Methodologies gained from my studies with the Health Coach Institute in the USA, I provide the system, the support and the accountability for my clients to replace existing dysfunctional health limiting habits with new sustainable health enhancing ones.

My **mission** is to improve the health, fitness and well-being of teachers and education professionals. My **vision** is to create a community of connected, empowered, informed, healthy, fit and well teachers so that collectively we can contribute to improved teacher efficacy and student outcomes.



You CAN achieve greater happiness, fitness, health and well-being. You CAN be the education professional you WANT to be.

TESTIMONIALS:

“If anyone is looking to improve their health, get in contact with Tony Cox at Tenacity Health Coaching. He has made such a profound impact on my physical health and mindset over the past 18 months.” A.S (Teacher)

“The activities we have done have been personally challenging and have really stretched my thinking. I’m feeling so much better about myself as a result of our work together.” K.S (Executive Teacher)

“Tony your calm and patient way mixed with great sense of humour has really been very comforting for me. Taking a really good look at the life I am leading and working with you to develop strategies to improve each of my fitnesses is really starting to reap reward.” B.G (Teacher)

“Tony Cox is an inspiring and engaging thought leader in holistic health coaching. His wide ranging experience and practical application of skills shines through. He is an excellent communicator who is able to articulate ideas and lead people to outcomes. We are delighted Tony could be a part of our event.” I.T (Director, Department of Agriculture)



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