

Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

Educating the Public about Insulin Resistance and the Importance of Blood Sugar Balance

- ✓ Confidence in your skills
- ✓ A proven system
- ✓ A step-by-step program
- √ Tools and resources to empower success
- ✓ Raving fan clients



What You Need to Become a **Successful Holistic Health Practitioner**

- ✓ Confidence in your skills
- ✓ A proven system
- ✓A step-by-step program
- ✓ Tools and resources to empower success
- ✓ Raving fan clients



ĕ Earn the reputation as a **SUPERSTAR**

Your Blood Sugar Balancing Coaching Program

Steps to Becoming a Successful Holistic Health Practitioner
✓ Identify with your clients and gain their trust
√ Thorough assessments
✓ Deliver action steps at clients' pace
✓ Reassess at appropriate intervals
✓ Provide tools and resources to empower action
✓ Get results with challenging cases
✓ Get referrals from raving fans
✓ Grow your practice into a lucrative business
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Package Your System

- ✓ Identify what's needed to support diet and lifestyle changes
- ✓ Avoid "pay as you go" model
- ✓ Bundle visits with tools e-books, recordings, recipes, etc.
- ✓ Determine "easy to say yes to" fees and package prices
- √ Offer quick sign-up bonuses
- √ Catchy names help i.e. Eradicate Belly Fat; Jumpstart Your Energy; Bye-Bye Belly Fat, Brain Fog

👸 and Burnout (my name)

Components of Programs

- √ Assessments
- ✓ Extras Handouts, checklists,
- ✓ Follow-up sessions
- videos, audios, etc. √ Training sessions or written
- materials
- ✓ Tracking forms
- ✓ Menus
- ✓ Recipes
- ✓ Progress evaluations
- ✓ E-mail questions



Package Type #1: **Monthly Retainer**

- ✓ Clients work with you on a month-to-month basis
- ✓ Can cancel on either end with 30-day notice
- ✓ Automatically billed unless cancelled
- ✓ Set number of sessions of particular duration each mo
- Great way to get started

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Package Type #2: Time Period Package

- ✓ Multi-month commitment
- √ Substantial savings over retainer
- ✓ Walk them through your system
- ✓ Include bonus materials
 - **≻**Assessments
 - > Handouts
 - ≽E-books
 - PE-DOOK
 - **≻**Checklists



Examples of Time Period Packages

- ✓ 30-Day Jumpstart
- √ 90-Day Intensive
- ✓ 6-Month Immersion
- √ 1-Year Transformation
- ✓ VIP Day

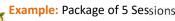




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Package Type #3: Package of Sessions

- ✓ Clients commit to a certain number of sessions
- ✓ Clients can use sessions whenever they want
- Savings compared to individual sessions
- ✓ Put a time limit on it so they don't come back years later to use their sessions



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Group Coaching ✓ Webinars or teleseminars – content ✓ Coaching ✓ Handouts → Recipes → Checklists → Menu plans → Assessments ✓ Videos and Audios → Demonstrations → Exercises

Session Examples 1. Health Assessment and Goal Setting 2. Hydration and Beverage Swap 3. Alkaline Balance and Greens for Vibrant Health 4. Stress Transformation 5. Fitness 6. Proper Protein 7. Oil Change: healthy fats 8. Digestive Aids: chewing, enzymes, probiotics 9. Blood Sugar Balance 10. Gluten Free and Allergen Avoidance 11. Sleep 12. Environment Cleanup: home and personal care products

Session Flow

- ✓ Celebrate success
- ✓ Explore follow-through
 - ➤If successful, identify what helped that
 - ➤If not, what prevented you and what needs to be in place for success
- ✓ Educate: new information
- √ Experiential exercise
- ✓ Action steps
- ✓ Session insights ("ah-ha" moments)



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Coaching Tips

- Connect with who clients are and what they envision for themselves once they solve their health challenges
- Explain your system and views: the role of habits and nutrition on their overall state of health and well-being
- ✓ Give clients hope and something to look forward to
- ✓ Guide them through the lifestyle changes at a pace they can
- √ Follow-up regularly and adjust their program as needed
- Request clients track their diet, habits, and symptoms
- ✓ Offer support, guidance, and accountability



How to Motivate and Inspire Your Clients

- √ The power of connection
- ✓ Begin with the end in mind
- ✓ Encouragement
- √ Frequent touches
- √ Focus on successes first
- ✓ Understanding their needs
- ✓ Provide helpful tools
- ✓ Tell stories
- √ Brainstorm



Coaching Program Blueprint Title: Problem Solved: Target Audience: (niche) Benefits and Results: Format of Delivery: (one on one, small group, phone or in-person) Time Frame of Delivery: How Delivered: (sessions, length) Additional Elements: (recordings, recipe

guides, menu plans, charts, documents)

✓ Process:

VIP Day Options Format ✓ Virtual Private ✓ Live Private ✓ Virtual Workshop ✓ Live Small Group Topic/Focus ✓ How to Get Started ✓ Step-by-Step ✓ Mastering a New Skill ✓ Total Immersion

✓ 4-5 simple modules ✓ 30-45 minutes long ✓ 1-2 activities to get your client into action i.e. pantry cleanout, worksheets, exercises, food prep ✓ Bonuses: checklists, templates, recipes, videos, menu plans, exercises, e-books

Create Your Talk and Practice!

- ✓ Create a presentation using the "Presentation in a Box" provided
- ✓ Practice with a small group of friends
- ✓ Do it on a **free teleconference line** and record so you can listen to yourself and make improvements
- ✓ Ask a small group of clients or friends to listen in on the conference line
- ✓ Practice making an offer for a strategy session at the end



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