

# COACH EDU.

Health Education | Physical Education

## Health Coaching

## Nutrition Coaching

## Physical Education

Prepare for 2018 while on board the Brilliance of the Seas with Coach Elizabeth.

This Royal Caribbean 5 day Western Caribbean Cruise departs Tampa on December 28, 2017. While on board educator and health coach and personal trainer, Elizabeth Nelson will provide group and one to one facilitation in life & health coaching, low glycemic nutrition coaching and National Academy of Sports Medicine Personal Training.

Coach Elizabeth will provide education seminars using materials from her certification and training programs which will allow you to create a plan for the new years, 2018 and 2019.

H & P education package is \$750, sold separately



## the perfect catch

*If you are ever watching a game and you observe the perfect catch, it appears like it was so easy, right? Wrong. The perfect catch takes practice, and like everything which requires practice, education, training and coaching are all essential to maintaining a positive “can do” attitude throughout the season.*

Team players in our group on board or off board will be providing group support as we all prepare for the New Year. Whether your goal is to lose weight, body fat, or inches, you will be provided





### Coach Elizabeth

Elizabeth has professional degrees in both Psychology and Adult Education. She studied at Buffalo State College in NY and at University of South Florida, Tampa, Florida where she obtained her Masters of Arts degree.

Elizabeth’s areas of expertise include:

- group facilitation & training
- one to one coaching
- group coaching

Cruise participants will not be dieting into the New Year; participants will be learning how to live a low glycemic lifestyle.

Using a Circle of Life coaching tool (pictured on the right side) participants will complete a self assessment and then use this simple tool to address personal strengths and challenges or weaknesses that may limit progress. Participants will be provided group and individual personal training and low glycemic education & training and leave with a New Year’s Blueprint for Success.

with the tools needed to achieve your goals. Elizabeth has supported thousands of individuals through life change. She has provided group nutrition coaching for hundreds of individuals using the Transitions Lifestyle Program. This low glycemic lifestyle course is a twelve week course and is intended to be used for one season. Combined with personal training and life coaching, you have a package that is certain to meet your needs.

Each season, individual participants are encouraged to begin with a detox, which we will go over in detail while on the cruise. NOTE: we will NOT be detoxing on the cruise, we will do so, afterwards. This is very important because this cruise is not a weight loss cruise, it’s a low glycemic cruise which means, you enjoy the cruise, you come as you are and as I get to know you I will help you to design a plan to achieve your goals beginning with first season 2018.

If you have questions regarding any of the programs, or you are ready to register, please reach out to me at [soultravelclub@gmail.com](mailto:soultravelclub@gmail.com)

### Coach Elizabeth

