

**Motivate
your
Body**

**COACH JOHANN
CSCS**

Motivational Interview Steps

Motivational interviewing for athletes & active

EE

Express Energy

Coach trainees with positive affirmations and belief they can do better.

DD

Develop Distance

Inspire people to assess how long they are taking to hit a specific, measured goal.

SS

Support Self-interest

Boost your trainees by calling out their successes, ensure their future.

RR

Roll with Resistance

Barriers impede progress only when we allow inevitable defeat to dictate our actions. Instead, accept setbacks, then make comebacks.



FOUR part Motivational Interview

Motivation Interviews for athletes and Active