Susie & Matt's PSYCHED UP seminar

REGISTRATION

Melbourne 12 March
Adelaide 14 May
Sydney 23 July
Brisbane 27 Aug

SMARTSHAPE .com.au
Centre for Weight Managment

The very best psychology & insider secrets for weight management

- Powerful **personal profiling questions** to gain insight
- The **5 strongest weight loss triggers**
- Why it's all about **habits and not willpower**
- The **5 Key components of behaviour change**
- A **7-Step plan to maximise motivation**
- The best **positive psychology theories for weight loss**
- The **4 weight loss personality types**
- **Essential food and fitness skills** to equip you well
- **What to expect** in the first week, month and year
- **The 7 Stages of emotional transformation**
- The secrets of **successful weight loss coaches**
- **How to use diaries and charts** to track progress
- How to create **amazing client-coach relationships**
- How to **recruit buddies and cheerleaders**
- How to **manage hecklers and saboteurs**
- How to **overcome weight loss barriers**
- How to beat the **4 Types of eating triggers**
- Predict and **manage weight loss plateaus**
- Sure-fire **tactics to keep your program on track**
- How to **stay committed for the weight loss journey**

Venue details & online registration at www.SmartShape.com.au

9am-4.30pm, Presented by Susie Burrell & Matt O'Neill

BSc(psych)(Hons), APD Dietitian

Susie is the specialist Obesity Dietitian at The Children's Hospital at Westmead, a regular on TV and the nutrition columnist for the Sunday Telegraph. She consults to the Paramatta Eels and runs a successful practice is Sydney.

BSpSc, MSc(Nut&Diet)

Matt is the Director of SmartShape, the nutritionist on Channel 7's Sunrise and Morning Shows and Weight Loss Coach for Men's Health Magazine (Aust). He has delivered seminars to more than 50,000 health professionals in 8 countries.

"YES, I'd like to attend Susie & Matt's Psyched Up Seminar"

My Details: **Please tick venue:** ☐ **Melb 12th Mar** ☐ **Adel 14th May** ☐ **Syd 23 July** ☐ **Bris 27th Aug**

First Name: Surname:

Address:

Ph Work: ( ) Ph Home: ( )

Mob: Fax: ( )

Email:

Payment by: ☐ Cheque ☐ Visa ☐ Mastercard **Total** (all costs inc. gst) $ 285.00

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