

“You can’t stop the waves, but you can learn to surf” ~ Jon Kabat-Zinn

Health Coaching

Riding the Aging Wave

Elephant, Rider, Path Practice



Rider vs Elephant

Elephant = Emotions
“Why”



Rider = Rational Thinking
“What”

Elephant, Rider and Path PRACTICE

Take a few moments to think about a current client who has decided to take on a significant goal that you, as a Fitness Expert, do not think they are ready to undertake.

Elephant, Rider and Path PRACTICE

Use the next slide to write down the:

Challenge(Goal)

Then consider if you know their...

Elephant, Rider and a potential Path to Success!

Challenge(Goal):

**ELEPHANT
(EMOTIONS/"WHY")**

**RIDER
(RATIONAL/THINKER)**

PATH TO SUCCESS: