New Year, New Habits: 2024 Lifestyle Workshops Series

Introduction

The 2024 Lifestyle Workshop Series, comprises two pivotal workshops aimed at fostering lasting changes in health and wellness. This series is designed to guide participants through the journey of setting realistic goals and maintaining progress throughout the year.

Workshop 1: Goal Setting & Behavioural Change (20-Jan-24)
This initial session lays the foundation for the series. It focuses on teaching participants the art of SMART goal setting and the psychology behind habit formation and change. The workshop provided practical tools and strategies for creating and adhering to effective, personalised health and fitness goals. It emphasises the importance of understanding and modifying behaviours to achieve long-term wellness.

Workshop 2: Sustaining Progress: Overcoming Challenges and Celebrating Success (6-Mar-24)
The second workshop is built upon the initial goal-setting strategies, addressing the vital aspects of sustaining progress and resilience. Participants learn to navigate common challenges, maintain motivation, and celebrate both small and significant achievements. This session is crucial in reinforcing commitment to health and wellness goals, encouraging participants to embrace a continuous growth mindset.

Together, these workshops offer a comprehensive approach to lifestyle transformation. They equip participants with essential skills and knowledge to initiate and maintain positive changes, fostering a community of support and motivation for a healthier 2024.

When:
Workshop 1: Goal Setting & Behavioural Change - 20-Jan-2024, 11:30am to 1:00pm
Workshop 2: Sustaining Progress - Overcoming Challenges & Celebrating Success 2-Mar-2024, 11:30am to 1:00pm

Cost:
Warrior Fitness Members - MOP688 for both / MOP588 for 1
Non-Members - MOP888 for both / MOP588 for 1
Launch into 2024 6-Week Challenge Members - FREE

Where:
WARRIOR FITNESS
Basement unit F&B,Fabrica Va Nam, Av. Olimpica, Taipa, Macao

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Register: www.warrior-macau.com/workshops

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Workshop 1: Goal Setting & Behavioural Change

Workshop Overview:

Kickstart your 2024 Lifestyle Workshop Series with our first session, "Goal Setting & Behavioural Change." This interactive workshop is designed to set the foundation for your year-long journey of personal growth and wellness.

Description:
In this dynamic 90-minute session, you'll learn the art and science of effective goal setting, a crucial skill for personal and professional success. Veronica Palsimon, our qualified Lifestyle Coach & Trainer, will guide you through the process of creating SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals, ensuring that your objectives for 2024 are clear, attainable, and aligned with your overall vision for wellness.

But setting goals is just the first step. The core of this workshop focuses on behavioural change - understanding the psychology behind habits and how to transform them. You'll explore techniques for breaking old patterns and developing new, healthy habits that stick. From daily routines to mindset shifts, this session is all about equipping you with practical tools and insights for lasting change.

Whether you're aiming to improve your fitness, manage stress, enhance your nutrition, or achieve a better work-life balance, this workshop will provide the roadmap to turn your aspirations into action.

Key Takeaways:
- Mastering the SMART goal-setting framework.
- Understanding the mechanisms of habit formation and change.
- Strategies to overcome common obstacles and maintain motivation.
- Personalised action plan to start your 2024 transformation.

Teaser for Workshop 2:
Attend Workshop 2 on the 2nd March 2024, where we'll delve into "Sustaining Progress: Facing Challenges & Celebrating Success." This session will build on the foundations of goal setting and take you through the essential steps of maintaining momentum, overcoming setbacks, and celebrating your achievements. Be prepared to share your experiences, learn from others, and find new inspiration to keep your 2024 journey thriving!

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Workshop 2: Sustaining Progress: Overcoming Challenges and Celebrating Success

Workshop Overview:

Continuing our transformative 2024 Lifestyle Workshop Series, join us on 6th March 2024 for "Sustaining Progress: Overcoming Challenges and Celebrating Success." This essential follow-up to our initial session held on 20th January 2024, is designed to solidify and build upon the foundations laid in the first workshop.

Description:
In this engaging 90-minute workshop, you'll delve deeper into the journey of maintaining and celebrating your health and wellness achievements. The focus is on recognising the hurdles that often arise after initial progress and learning practical strategies to navigate these challenges effectively.

Through Lifestyle Coach Veronica and interactive activities, you'll explore resilience-building techniques, discover how to sustain motivation, and understand the importance of acknowledging and celebrating small and big wins. This session aims to equip you with the tools and mindset needed to turn your goals into enduring lifestyle changes.

Whether you're working towards fitness milestones, improved mental well-being, or balanced nutrition, this workshop is crucial for keeping your momentum alive and thriving. It's tailored to reinforce your commitment to the goals set during our first session and to inspire continued growth and success throughout 2024 and beyond.

Key Takeaways:
- Strategies to overcome common setbacks in health and wellness journeys.
- Techniques to maintain motivation and consistency.
- Celebrating personal achievements and setting new milestones.

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Terms & Conditions

1. **Registration and Enrolment:**

- Register for the workshop series via the official Warrior Fitness website - www.warrior-macau.com/lifestyleworkshops - or in person at our facility.
- Full payment is required prior to the start of the workshops.
- Registration is transferable however the transferee is responsible for any additional pricing depending. on the category - Warrior Fitness Member, Non-Member, or Challenge Member - the transferee falls into.

2. **Pricing**:
   a. **Warrior Fitness Members - MOP688 for both workshops or MOP588 for one (1) workshop**
      i. Note - TeamUp - members on a prepaid packs: the system will charge for one group class + the difference between the class cost and the workshop cost. For example - if the member has aa Warrior's Choice 10-Pack Membership, 1 group-class will be utilised from your 10-pack + MOP568 (which is the MOP688 for both workshops - the cost of one group class, which in this instance is MOP120; therefore, MOP568 payment is due).
      ii. Note - membership rates only apply for member's registering for both workshops.
   b. **Non-Members - MOP888 for both workshops or MOP588 for one (1) workshop**
   c. **Launch into 2024 6-Week Challenge Members - FREE**

3. **Cancellation and Refund Policy:**

- All cancellations are to be made in writing via email to info@warrior-macau.com.
- Cancellations made more than 5 days before each of the workshops will receive a full refund.
- Cancellations made at least 24 hours before each of the workshops will incur a 20% cancellation fee.
- Cancellations made with less than 24 hours notice before each of the workshops will incur a 50% cancellation fee.
- If a workshop is cancelled by Warrior Fitness, registrants will receive a full refund or the option to transfer the fee to a future workshop or class credit.

5. Workshop Content and Schedule:

- Warrior Fitness reserves the right to make changes to the workshop content, schedule, and facilitators as necessary.
- Participants will be notified of any significant changes in advance.

6. Privacy and Personal Information:

- Personal information collected during registration will be used solely for the purpose of managing the workshop series and will not be shared with third parties without consent.
- Participants acknowledge that photos and videos (without sound) may be used by Warrior Fitness in ongoing marketing including social media & email marketing. Participant names and or details will not be shared.

7. Health and Safety:

- Warrior Fitness is not liable for any injuries or health issues that may arise from participation in the workshop activities.

8. Acceptance of Terms:

- By registering for the 2024 Lifestyle Workshop Series, participants agree to these terms and conditions.