

RE-FIT

Target population:

Young people with persistent physical complaints.

I'm glad to see you!

Contact by recognition.

The complaints are real. Take away your own doubts. Solution-oriented; working towards a solution, instead of looking for the cause.



I'm not feeling well. I don't think I will be able to come.

I'm sorry to hear that you're not feeling well, I can shorten the appointment if necessary, but I'll be there at 12 o'clock as we agreed.

Compliments

Focus on competencies that help master the challenges they face.

Submissive attitude

Rose of Leary; behavior provokes behavior. The student takes the lead.

Fixed approach

A confident trainer boosts the student's confidence too. Training with a fixed structure. Fixed period with a set start and end. Decision moments "Is this approach right for you?"

