



CCF

SUCCESSSES

**JODI
SAUVE**



CERTIFIED COACHES FEDERATION

#CCFSuccesses | #CertifiedCoachesFederation | #CertifiedCoachPractitioner | #BecomeACoach

What inspired you to become a Certified Coach?

I was inspired to become a coach in my career of personal training as I am passionate about helping my clients be the best version of themselves.

When my clients come to me for training whether it be for weight loss or muscle building, sometimes the weight they need to lose is not on their body.

Coaching gives me an opportunity to take things a step further and help my clients achieve their deeper goals.



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How did you determine your coaching specialty?

Watching people succeed is my ultimate goal. Coaching allows me to help my clients see their goals from a different perspective and realize that they are easier to attain.



What is unique about you and your coaching business?

My technique in coaching is quite unique.

I treat my clients very personally and never as a number.

My clients come to me because they trust me with their words.

I can sit with them personally and give them the time they require to express their needs.

What is unique about you and your coaching business?

The most successful tactic I use to market my business is social media. It seems to be where the crowds are.

I'm able to get my point across using quotes, pictures, examples of goals. Facebook and Instagram seem to be where the most traffic is heading.

What is the greatest challenge you've encountered in your coaching career and how did you overcome it?

One Challenge I have encountered in my coaching career has been separating my personal training from my coaching.

It's tough for me to not dive into my coaching with my clients when issues arise. It's setting a barrier and telling my clients "let's rebook a coaching session and tackle the deeper issues".



How has the Certified Coach Practitioner™ course contributed to your success?

The Certified Coach Practitioner™ course has contributed greatly to my success. I am able to contact the CCF anytime I have questions through email or calling.

I have taken other courses as well including Saving Lives with Forks and Knives, Life Mastery and Hypnolinguistics.

Before I was certified as a coach practitioner, I was limited to what I could help my clients with. Now with my certification I can go that one step further.

If you could share with a new coach one nugget of knowledge, what would you share?

A piece of advice I'd give a new coach is to be genuine and personal. Never make it about money...

Treat your client like a friend.
Listen and empathize.
Don't be afraid to be personal.



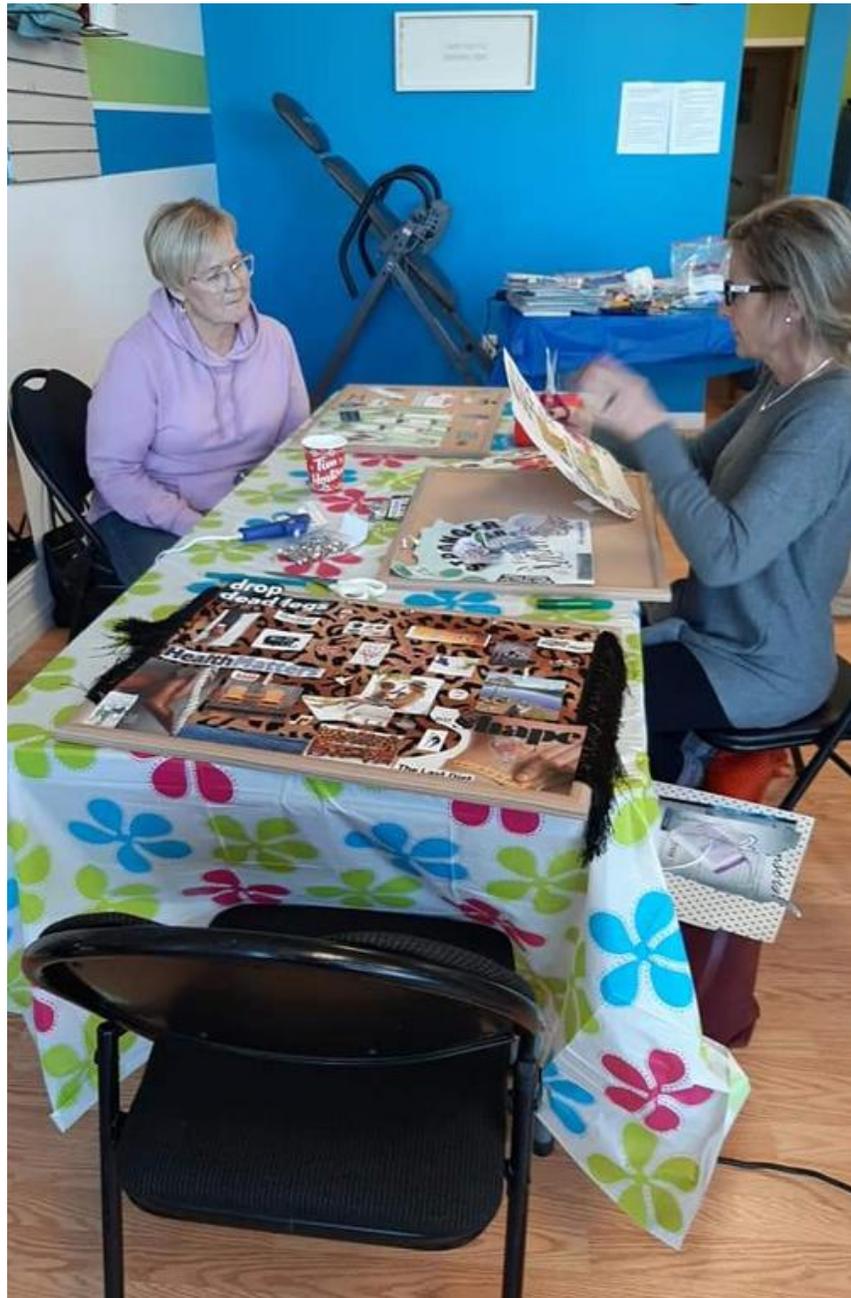
Jodi in a snapshot!

I am a Certified Personal Trainer Certified through CanFitPro.

I own Inner Strength Training and Coaching and I work out of two locations, Pembroke and Cobden, Ontario.

I have been training since 2009 and coaching since 2018.

I love travelling to other countries and learning about other cultures. I also enjoy taking personal development courses and offering many workshops to my clients such as Vision Board workshops and Overcoming Roadblocks in your Goals.



What some of Jodi's clients are saying

Jodi has been coaching me for a few months now and I feel like I am back on track with my goals. I was feeling overwhelmed and insecure about my career, but afraid to make a change. Jodi helped me plan a future that is so passionate for me on every level! If you are contemplating hiring a Life Coach, Jodi is your best choice!! Thanks for your never ending support!

T.L. September 2019

I had never considered a Life Coach until I met Jodi. She held my hand through some difficult decisions and led me to a choice I never thought I'd make! The encouragement and care she puts into her clients time is unforgettable. You will not be disappointed in her Coaching!

M.B. May 2019

A few weeks ago I integrated Life Coaching into my Personal Training regime with Jodi. The two really do go hand in hand! I have gained strength not only physically but also emotionally and mentally. Jodi has a way of guiding you through your cloudiness and clearing the way so you can make better life choices. I am thankful for the strategies she has taught and will continue to teach me in the future! I'm afraid you are stuck with me my girl!!

F.C. November 2019

Get in touch with Jodi:

Inner Strength Training and Coaching

Website: www.myinnerstrength.ca

Facebook: www.facebook.com/findyourinnerstrength.com

Instagram: www.instagram.com/innerstrengthgirl/

Certified Coaches Federation

CERTIFIED COACH PRACTITIONER™

About Us



The faculty at the Certified Coaches Federation believe that the primary criteria for anyone to be qualified to be a Life Coach isn't a course as much as it is the lessons they've learned from life, including lessons from victories and losses, frustrations and all the events that have given them the ability to offer perspective. Our students tend to be more experienced, confident and know that a good Life Coach Training Program need not be too time-consuming or complicated.

One of the reasons over 13,000 coaches have chosen the Certified Coaches Federation's programs is because they've realized that effective coaching tools and language can be free from unnecessary jargon. Our Life Coach Certification Programs have received the highest recommendations worldwide. Find out for yourself why the Certified Coaches Federation is known as one of the best Life Coach Certification Training organizations in the world!



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Instagram: [@certifiedcoachesfederation](https://www.instagram.com/certifiedcoachesfederation)

LinkedIn: linkedin.com/company/certified-coaches-federation/

COURSES

CERTIFIED COACH PRACTITIONER™

Our two day intensive Life Coach and Executive Coach Certification Training Program provides new and seasoned coaches alike with leading edge coaching and business development skills to naturally ensure your long term success in this rewarding, expanding profession!

CERTIFIED MASTER COACH PRACTITIONER™

The Certified Master Coach Practitioner™ Course is an advanced Business Development Training Course offering a comprehensive platform designed to provide coaches with the systems, strategies and revenue-generators to build a thriving and lucrative coaching business.

Visit the website for a full list of courses

www.CertifiedCoachesFederation.com

