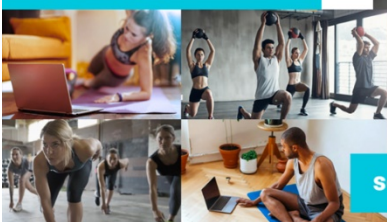


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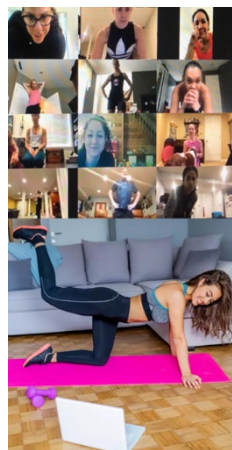
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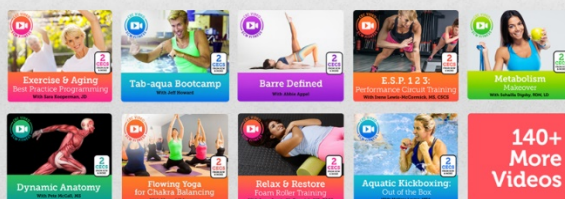
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***Face Your Fears:
Rise & Reinvent
Yourself—***

***Presented by
Maureen (Mo) Hagan***



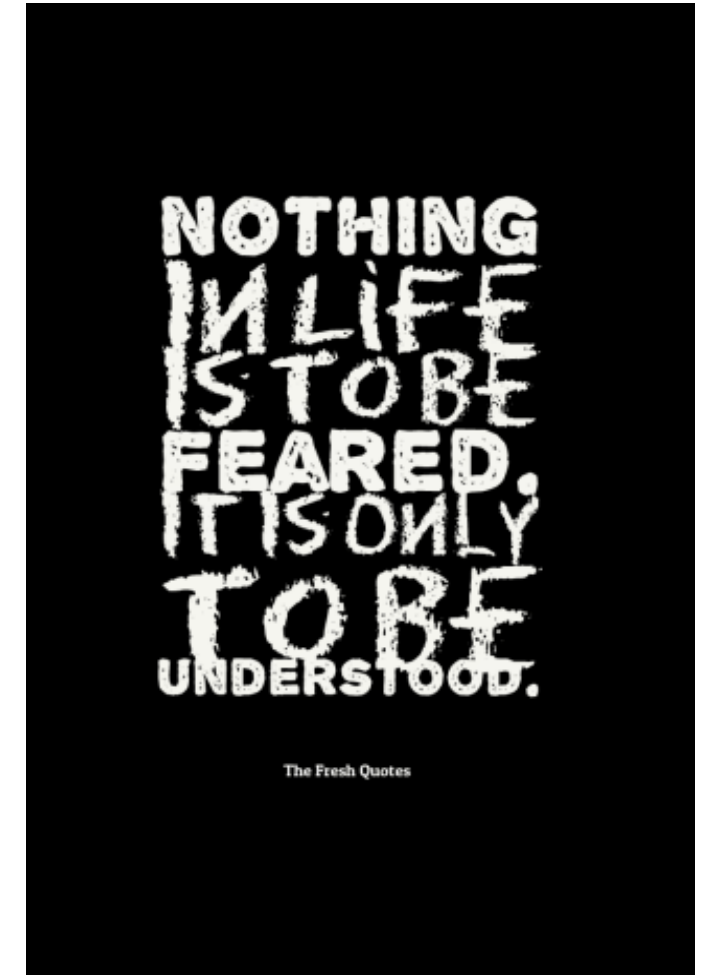
Definition of FEAR:

F	FALSE
E	EVIDENCE
A	APPEARING
R	REAL

6 Strategies to Support You Through Your Rise & Reinvention

- 1. Learn all you can! KNOWLEDGE IS POWER.**
- 2. Remember who you are and your WHY.**
- 3. Find and fuel your PASSION.**
- 4. Transform your PERSPECTIVE.**
- 5. Practice BEing PRESENT.**
- 6. CONNECT with those who INSPIRE YOU!**
- 7. Accountability to ACT (BONUS)**

1. Learn All You Can... Knowledge is Power!



Top 10 Fears That Holds Us Back In Life:

1. Rejection
2. Failure
3. Uncertainty
4. Loneliness
5. Change
6. Loss of Freedom
7. Judgement
8. Something bad happening
9. Getting hurt or ill
10. Inadequacy



Source: Amy Morin—Psychologist, Psychology Instructor, Author of “13 Things Mentally Strong People Don’t Do”

2. Remember Who You Are and Your WHY

A Cause of ACTION fuels your drive and moves you into action despite difficulty or fear.

Your Purpose bursts to life when you let go and allow it to rise to the surface. Your Purpose ignites your WHY



Know Your Strengths and What MO'tives Drive Your Performance & Harness MO'tivation

LIFE COACHING

WHAT DRIVES YOU TO SUCCEED?

UNDERSTANDING YOUR SOCIAL MOTIVES TO HELP YOU HARNESS MOTIVATION AND TAKE SUCCESS TO THE NEXT LEVEL

By Maureen Hagan

As fitness professionals, we are motivated by a deep desire to help people achieve their fitness goals.

The research supports the idea that to succeed at something you must have a motive or a deep desire. Those who are wildly successful have heaps of motivation. While successful people may not always know what they are doing, they have a driving motive that is developed from an emotional state. They do not take no for an answer. When things get difficult, they push through and make things happen, negotiate or influence others as needed, and do not quit until they succeed at reaching their goal(s). That is what motivation is all about.

Motivation is regulated by a part of the brain called the nucleus accumbens. This is a small region of the brain that regulates the flow of neurotransmitters between the brain and different nerve cells in the body and strongly influences whether or not you have the desire to do things like go to the gym, eat healthy, and prospect new clients for your business. One of those neurotransmitters worth mentioning is dopamine, because it is this brain chemical, released from this region of the brain, that plays a major role in triggering motivation and reward-motivated behavior. Dopamine also influences memory, cognition, sleep, and mood. Behavioral neuroscientists and psychologists say that dopamine helps bridge the gap between inaction and action.

Just as important as the hormonal and neurotransmitter factors that influence your motivation to succeed at something, there are social motives unique to humans that drive behavior. Social motives are specific to humans, while physiological motives are present in both animals and human beings. They are called social motives because they are learned, and the strength of one type of social motive or another will vary from one individual to another, which explains why some people have greater levels of drive to succeed than others. The more you understand the social motives you have, the greater the potential to learn how to harness motivation and take success to the next level. The three main

social motives are power, affiliation, and achievement. These social motives are what compel you to your goals. If you do not use them, your emotional state will not be revved up enough (like putting your foot on the gas), and your progress will be slower, or you may not reach your goal at all. It is important to know that dopamine spikes whenever something goes better than expected - like feeling better than you expected after a tough workout or when you exceed a set goal. Unfortunately, your brain will get used to that feeling quickly and after a few experiences you come to expect the same "high". Your dopamine levels will no longer spike quite as high and you will begin to feel less excited about difficult work tasks or different workouts, as examples. In order to keep your motivation high and dopamine spiking, you need to take on new challenges (in pursuit of new goals) every couple of weeks or so. Those who exercise, and those who teach and train, know that to keep motivation high they must switch up their exercises weekly, and their routines every four weeks. Remember if nothing changes, nothing changes.

Three social motives:

POWER

People who are power motivated strive to exercise strong, influential action, generate strong emotions in others, and are concerned about reputation or position in the world. They seek positions of leadership, authority and status, and they are most often the leaders within their company. They make their life purpose to inspire others to achieve their best and to live a fulfilling life. This social motive is often called "influence motivation".

AFFILIATION

People who are affiliation motivated strive to establish, maintain, and restore close relationships with others and they characterize group activities as social, friendly, and collaborative. The need for being connected with others, for working cohesively with others, while creating participation is key. They succeed in coaching, consulting, and managerial roles that require relationship building.

ACHIEVEMENT

Achievement motivated people enjoy setting and achieving challenging goals, and they strive for innovative and unique accomplishments. They are very goal

oriented and they perform best when they are given deadlines to achieve. To get to know which social motive drives your performance, you need to first tap into your emotions to really see what drives your behavior. Then you need to take daily action to keep your drive revving high. Visualization is an effective way to tap in. Think about a situation in which you are at the centre of attention, such as when you are giving a presentation. Focus on everything—from what you are wearing, what the room looks like, and how many people are sitting in front of you in the audience. Then ask yourself "how do I feel?" If you have a positive emotional response to this situation and you feel confident and strong, that is a sign you are driven by power. If you feel comfortable or somewhat anxious you are motivated by affiliation or achievement. If you were imagining how you could network with the people in your audience, your motive is affiliation. If you are driven by achievement, you envisioned getting over your fear of public speaking or imagined a standing ovation following your presentation. Which motive did you relate to the most in this scenario?

If you are eager to learn your dominating social motive then I encourage you to check out my recent book, co-authored by Nathalie Plamondon-Thomas and Tasha Hughes. It is called Think YOURSELF! Successful-The DNA System To Reprogram Your Brain & Wire Yourself For Success. It will provide you with more insight on this area of motivation

"Some people dream of success while other people wake up every morning and make it happen".
Wayne Huizenga

as well as a self-assessment so you can determine your dominant social motive. mohagan.com/product/think-yourself-successful/

3. Find and Fuel Your Passion...

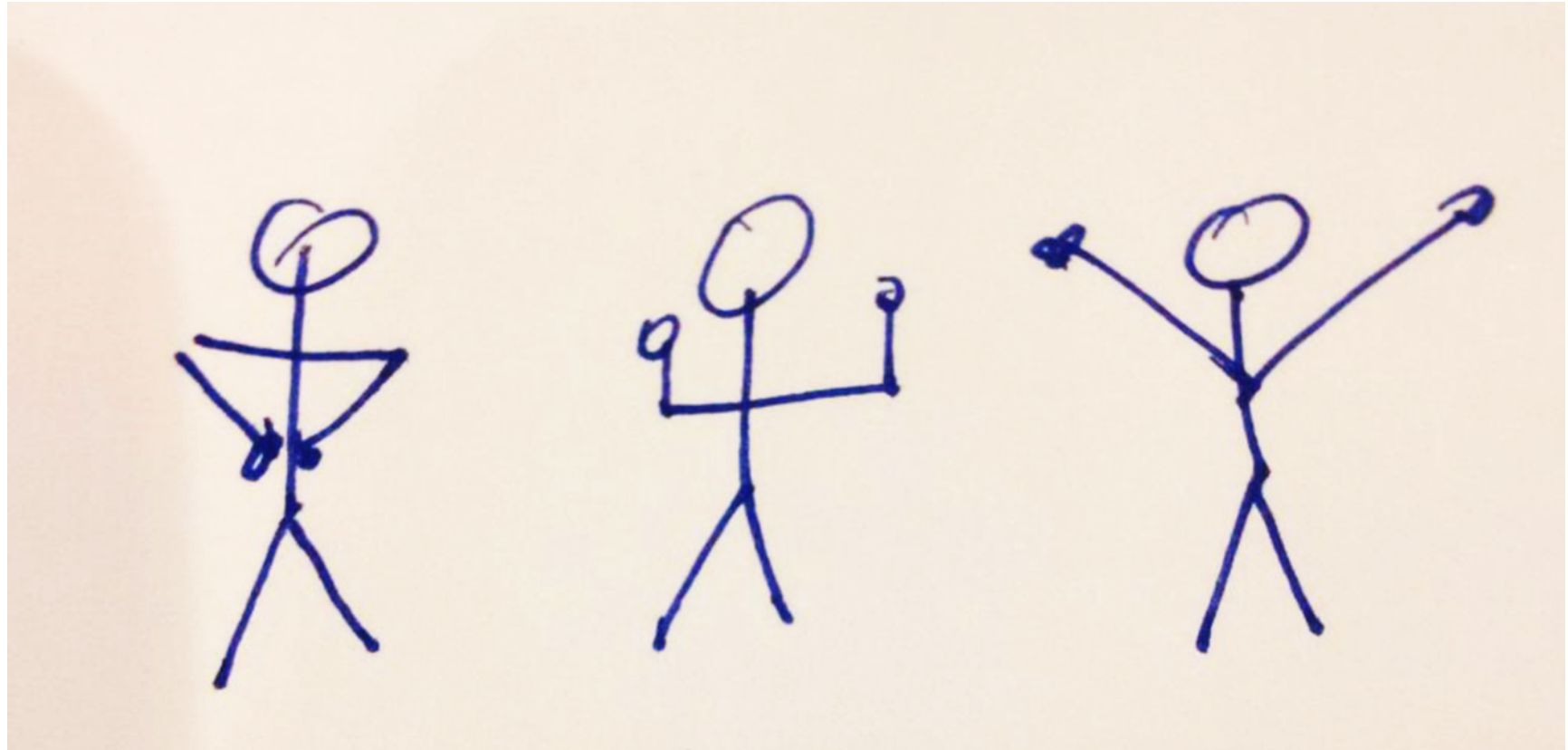
There are two basic

motivating forces: **fear** and **love**. When we are afraid, we pull *back* from life. When we are in love, we open to all that life has to offer with *passion, excitement, and acceptance*. We need to learn to **love ourselves** first, in all our glory and our imperfections. If we cannot love ourselves, we *cannot* fully open to our ability to love others or our potential to create. Evolution and all hopes for a **better world** rest in the fearlessness and open-hearted vision of people who embrace life.

- *John Lennon*

Protect Your Passion

POWER POSING



4. Transform Your Perspective...



WHAT DO I FEAR?

I fear stagnation and lack of progress.
I fear never reaching my potential and being average.
I fear being forgotten...the past...yesterday's news.
I fear giving up and being passed by, going softly into that good night.
I fear letting those I love down, letting myself down.
I fear settling, giving in to the "that's just the way it is" mindset.
I fear dying without leaving my mark.
I fear not feeling these fears anymore and just floating along.
These fears feed me, they nourish my drive.

I love my fear.

5. Practice Being Present...

Fear is not real.

The only place that
fear can exist is in our
thoughts of the future.

It is a product of our imagination
causing us to fear things
that do not at present and may not
ever exist.

That is near insanity.

Do not misunderstand me,
Danger is very real,
But fear is a choice.

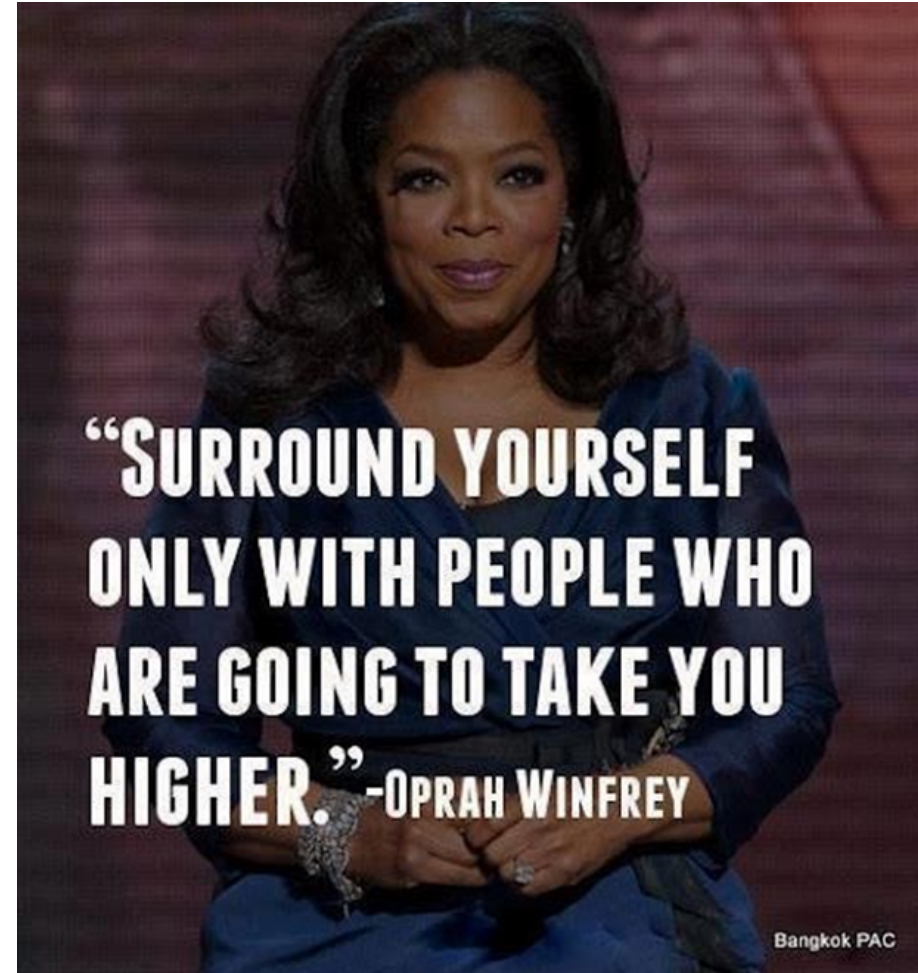
INHALE

courage

EXHALE

fear

6. Connect with Someone Who Inspires You...



7. **BONUS...Accountability Tools to ACT**

Facing one's fears is a lot easier said than done however if you truly want to achieve your best, reinvent your life and/or career, and take back 2020 then ACT on the following:

1. Establish a 15 minute morning SUCCESS Routine – <https://mohagan.com/download/15-minute-morning-success-routine/>
2. Take the time to own who you are—know your strengths and learn what MO'tives drives your performance <https://mohagan.com/self-assessment-what-drives-you/>
3. Find a mentor, accountability partner, hire a coach
4. Move your body (exercise) and Power Pose daily to protect your confidence
https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are?language=en
5. Create MO're Confidence <https://mohagan.com/power-poses-to-boost-your-confidence/>

Resources...

Books:

THINK Yourself™ Successful—The DNA System To Reprogram Your Brain & Wire Yourself for Success”—Nathalie Plamondon-Thomas, Maureen Hagan & Tasha Hughes

The Motivation Manifesto –9 Declarations to Claim Your Personal Power—Brendon Burchard

START WITH WHY—How Great Leaders Inspire Everyone To Take Action
Simon Sinek

The MIRACLE MORNING—The No-So-Obvious Secret Guaranteed To Transform Your Life BEFORE 8am Hal Elrod

Websites:

<https://mohagan.com/face-your-fears-to-rise-and-reinvent-yourself/>

Session SA2J—Face Your Fears: Rise & Reinvent Yourself



Maureen Hagan

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PowerPoint

Email: mohagan@canfitpro.com