



RYAN DACK

MIND | BODY | BUSINESS

MIND

“You wouldn’t build a race car without a steering wheel”

- Is how you look and feel impacting your self-confidence?
- Do you start goals and struggle to see them through?
- Do you often doubt your own ability?

These are three key areas which I focus on within my Mind Body Business coaching programme.

I find that the clients with the best long-term results are the ones who not only dramatically transform their physique, but they also dramatically change their mindset.

Mindset isn't just about making yourself do something you don't want to do. That is relatively easy. Anyone can endure something they don't like in the short-term if the reward is big enough.

The quick fix, easy road to success mentality that is now impended into the 21st century is unfortunately the exact opposite for what is needed for a truly amazing physical change. Nothing worth having comes easy.

The approach I use focuses on three main areas with purpose and clear direction:

A man with no purpose is like a boat with no rudder

One of the key elements to a strong mind, is giving you something to focus on.

Once you have a clear goal, and a path to follow, you will be unstoppable. Even the smallest steps towards a goal can raise confidence in many aspects of your life.

Having a purpose and a plan to execute will open up many other doors of possibility that you once thought closed.

Adherence and developing strong habits

Many of us underestimate the art of perseverance and staying consistent towards a goal. At the first hurdle, many fail, just because they see the end result as too far away. When setting out on any long term goal, we have to take the short term wins.

There is nothing wrong with setting big ambitious targets for yourself, but if you don't pad the journey out with short term realistic goals, you will soon become disheartened and lose sight of how far you've already come.

Removing self-limiting beliefs

One of the first things we must do is break down your own self-limiting beliefs.

These are the little voices telling you, you can't do something. They keep you safe at one speed in your comfort zone. You only allow yourself to take from life what you believe is your true worth. The 3 initial steps for removing limitations and setting a new path of success are:

For you to demand a higher self-worth, ignore your fears and take action.

Spend time with people who inspire and empower you to be more.

Re-set your self-worth to clearly see your progress.

The first steps are always the toughest, there are going to be challenges ahead. But as you make progress, you build momentum and as you build momentum you become harder and harder to knock-off your trajectory towards success.



BODY

“An incredible physique is a badge of honour showing dedication and discipline in your life”

- Have you been going to the gym, but you're just not seeing any results?
- You've picked up multiple injuries and you don't know how to work around them?
- Do you realise your body is capable of more, you just need help to get to that next level?

Training for a dramatic physical change requires a dramatic change in your approach to training.

The training needs to be tough enough to demand adaptation from the body, but safe enough to allow you to train for a longevity and see your goals through to the end.

Your training needs to be measured and tracked to see progress. Not only does tracking give you you clear and decisive targets to hit each time you train. It also helps us notice a plateau in your training which happens naturally as your body become more accustomed to the training stimulus. By tracking your progress in training we can also determine when we need a change in the program stimulus to ensure that both you and the training don't become stagnant.

Training Hard - Do The Necessary

I am a firm believer in “You reap what you sow.” Many people want a great physique, but not so many are willing to fight hard enough for it. Unfortunately, there are no magical secrets when it comes to building muscle and getting leaner. Its down to plain old hard work and getting it done. Doing what required and what's necessary to reach your goals. The training plans I create are challenging and tough, but they have one purpose and that's getting the results you want.

Training Smart

Training hard is only effective if you can sustainably progress without getting injured.

In every exercise there is an element of a risk reward and also, a trade made between risk and reward. How much risk are you willing to make to see gain? Every exercise you do has an effect on the joints, cartilage, tendons, ligaments and muscles around it.

As training has evolved, I have become more and more aware of the potential damage we can cause by choosing exercises that put our joints in needles of pain, creating significant levels of stress and risking our health for minimal gain.

Progressive

Your muscles change shape, size and strength as a result of a stimulus that demands adaptation. Everything I focus on is around progress. This progress can be spotlighted in so many so different ways. Chasing numbers on your log book can become ego exercises, when actually, more beneficial progress can be made with better techniques. Slower tempo, more active range used, extending sets with drop sets and / or rest pause are all methods that don't rely on beating numbers. During your training, I will ask you to send footage of your session to make sure that we are progressing in the most effective and safest manner.

You and I will agree on a specific and tailored program that is designed to your individual needs and is paramount to your success.

Many people go to the gym to exercise... and if just getting a 'Little fitter' is your goal then that is fine.

But for a truly inspiring and life changing transformation you need more than exercise.

This is why, within this package, you will have access to a structured and highly thought-through training program designed around you, for your specific needs and goals. The plans are not easy! They are there to challenge you! You will need discipline, dedication and commitment to execute the plan down to a tee.



BUSINESS

“Your business can only be as healthy as you are”

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- Is your lack of energy and focus impacting your work, career?
 - Do you find stress is having a negative impact on your professional performance.
 - Is low self-confidence holding you back from leading the pack

In all my years of coaching there has been one key aspect in every client transformation that has benefited as a direct result of their physical and mental transformation, and that is their business or professional performance has dramatically increased.

It's no coincidence, that someone who is fitter and healthier generally has more energy in their personal life and also in their professional life.

Training for a specific goal not only focuses you on getting in better shape, it allows your mind to be opened to other aspects of your life that have been effected by your current mental and physical well-being.

Training For performance & Productivity

Training, even though at first it seems to be taking all your energy, will in fact leave you with more energy and focus to be more productive throughout your day. Not only will you feel more energised; you will also have less brain fog. The natural rush of endorphins that we get from exercises will last all day, countering the feeling of afternoon fatigue. With more energy you will find you have more mental capacity for problem solving and creative thinking.

Stress Management

In the life of a busy working professional, stress becomes frequently overlooked. It's almost seen as the norm and being highly stressed is now just generally accepted. Feeling stressed and anxious can be crippling. Stress, left unmanaged, can be the cause of numerous chronic problems including indigestion, physical pain and mental strain. All these cause your professional performance to slip. You cannot perform at your highest level if your brain and body are exhausted by stress. Physical training and other forms of exercise including breathing, meditation are simple and effective ways to look after your mental well-being and combat stress.

Look Your Best, Feel Your Best and PerForm At Your Best

If you want to achieve great things, you have to set your standards high. This doesn't just mean your professional standards; it also means your personal standards and attitude towards your own health. If you want to be seen as successful, it greatly helps to be perceived as confident, assertive, yet able to influence others. People need to be inspired by you. Taking charge of your own health sets the standard for those around you. By leading from the front and by looking every inch the part of a leader, you can inspire those around you, serve and help as many people as you can and achieve the greatness you deserve.





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