



1:1 coaching

**Find
your
inner
health
instinct**

www.wenecka.com



Table of contents

03

Goals and Objectives

04

Pricing

05

Our Recommendation

08

Why Choose Us

09

Next Steps

10

Terms And Condition



Goals and Objectives

You have dreams you want to accomplish and we help you to accomplish them better, smarter and safer. For us following the goal aligned with your health is the most important. Yet, before we discuss all your goals, go quickly through our method, values and purpose to have better understanding of our work.



Original training method to boost your performance

This method was born from years of experience, passion to movement and science. It gives you maximum chances to improve fast and without burnout



Safety

Safety is not only safety in the matter of safety of your data and intimacy that I provide, but also safe trainings, with focus on technique, your personal injuries or diseases



Experience

Years of experience, education and constant development help you to be always on-time with new discoveries and best methods that will support you to achieve your goals and satisfaction

Pricing

Take a look on pricing list of personal trainer's support. Training lasts approx. 45-70 minutes and is always prepared in advance. Training can be led stationary in the gym or in the nature in Antwerp, Belgium, or online - from around the world.

Service	Price
1 personal training	80 eur
trainings in packages*	from 50 eur/h
personalised training plan for 3 months	60 eur

Packages*	Price
BLUE 4 trainings	280 eur
SILVER 8 trainings	480 eur
GOLD 12 trainings	600 eur

The prices quoted are gross prices. Prior to cooperation, a contract is signed and packages are implemented in continuity (no breaks). Workouts from the package must be completed within 4 weeks. For the selected package, you can buy additional services such as diet, access to a closed training group, e-books, video courses, etc. at a promotional price. Opportunities are announced on website. Do you have questions? Write to me: kontakt@wenecka.com

Our Recommendation



Pick from given choices

If you are decided on a chosen form of support, go for it! Do not let your motivation to drop out. You can also pick 1 training to checkout if you like this kind of cooperation.

Customize your plan

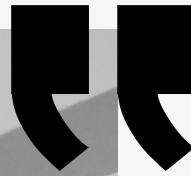
You know you want to start to exercise smart and better, but you are not sure which option to choose? Or maybe your situation is out of the box and you want to customize your plan? Do not hesitate to contact me so we can work this out together.



Ongoing Management

Keep in mind that for each training there is prepared separate plan based on observance, feedback from you and current goal. All is set up in the frames of Absolute Body Control method that will maximize effects with minimum effort. If there is a need to expand or reduce the plan, we implement the changes fast, for your better results.

Why Choose Us



I've been exercising with Ms. Justyna for two months, Ms. Justyna ideally selects exercises that effectively brings me to the goal I presented at the first online interview :) Ms. Justyna is always very well prepared, with a training plan that looks different each time, there is no question of a boring routine, the exercises are varied, while at the same time very thoughtful to produce the desired effect. During training, he asks which muscles to feel, can skillfully suggest how to modify the posture during a particular exercise to actually engage a particular muscle group. In addition, you can feel taken care of not only during the workout but also before and after it, there is always a question about how you feel :) With her positive attitude, openness and commitment, she helps not to lose motivation to get up at a very early time (in my case :) and bravely go through the entire workout to leave the gym with positive energy and pride that once again I succeeded :)

I sincerely recommend Ms. Justyna to everyone, regardless of the current condition (mine was in agony :) and regardless of previous experience with the gym, mine was close to zero - with Ms. Justyna there is no option to feel uncomfortable in this place :)

Seiji Arai
client, university lecturer

Next Steps



Accept the proposal as is

The decision to start fresh is yours. Think which option is closest to you and contact me.



Discuss desired changes

Now is the time that we discuss what you want and what is possible, we must be at the same page to start, keep it realistic but still challenging!



Finalize and sign the contract

After deciding on terms, I send you contract and we sign on both sides.



Submit a payment

According to our deal and data given, submit accurate amount of agreed payment. This gives you 100% safety of allocating the time for you and close date to start working on your goals.

If you like podcasts, do not forget to checkout our podcast about healthy lifestyle: [The Good Life Show](#). There is also polish version, [Krótko o ruchu](#). All names are linked, so go get there!

Privacy Policy

We are serious with your privacy. To protect and inform you about all regulations we provide you with privacy policy here: [CLICK](#).



If you have any questions or you are decided to start cooperation, contact us:

kontakt@wenecka.com