

Here are some tips and talking points to help lifestyle coaches introduce the Personal Success Tool to participants.



A FEW BEST PRACTICES TO CONSIDER WHEN INTRODUCING THE PERSONAL SUCCESS TOOL

Focus on the benefits of the Personal Success Tool — it encourages participants, reinforces information learned in class, and provides tailored support to meet the needs of each individual.

Emphasize the tool's ease of use and address any technology concerns that participants may have.

Consider showing a module in class using a tablet, laptop, or projector to help participants see how easy it is to use.



Remind participants that they can reach out to you for help!



OPTIONAL TALKING POINTS TO USE WITH PARTICIPANTS

What is the Personal Success Tool?

- “The Personal Success Tool is a group of online modules that will help you stick with the program.”
- “The modules have videos, quizzes, games and other interactive features that deliver personalized messages and allow you to apply the skills you’re learning.”

Benefits of using the Personal Success Tool

- “The Personal Success Tool provides the right kind of support when you need it, to help you address challenges that are specific to you.”
- “Using the Personal Success Tool will help you stay motivated when you need extra encouragement.”
- “Completing the modules will reinforce what you learn in class, helping you master new ideas, and continue to be successful in the long term.”

Easy to use

- “The Personal Success Tool is easy to access on a smartphone, tablet, laptop, desktop computer, or any device connected to the internet.”
- “There is no complicated technology, log-in process, or downloading necessary. Each module only takes a few minutes.”

What to expect

- “Over the next few weeks, I will email or text you a link to a new module that will help you put into practice what you’ve learned in class.”

