

Dr. Wayne Phillips

Dr. Phillips is an internationally known scientist, consultant, coach, author, & speaker in the field of active, healthy aging.

For the last 20 years, he has consulted on 'Best Practice' approaches that lead to positive lifestyle change.

Dr. Phillips holds an MS in Physical Education & Sports Science from Loughborough University in the UK, and a Ph.D. in Exercise and Wellness from Arizona State University. He is a Fellow of the American College of Sports Medicine and a former Post-Doctoral Fellow at Stanford University, Center for Research in Disease Prevention.

Dr. Phillips is also a Certified Intrinsic Coach®, Certified Valuations Specialist®, Certified DISC practitioner & a Certified Facilitator for the Stanford Healthy Lifestyle Program.



Here's what our participants are saying about Life 2.0

"The lives of all our participants were dramatically and positively impacted. Dr. Phillips was a kind, compassionate and incredibly effective facilitator"

Program Manager, The Wellness Community

"I continue to work through life's daily struggles but they are easier each day because of the insight that Dr. Phillips helped me gain into my own self. Thank you for being there for me during the most difficult time of my life, Dr. Phillips"

Doreen

*"Pondering through **The Process** with Dr. Phillips has brought a clarity of thought that I would not have achieved otherwise. I now incorporate this into my day-to-day approach to life, and have already seen some very encouraging, life changing results!"*

Martin



Life 2.0

Discover Your Better
Tomorrows

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What is LIFE 2.0?



Life 2.0 is a unique Process designed for individuals who want to make a positive lifestyle change. The focus is typically on increased physical activity, weight management, healthy eating, and stress management. However the principles can apply to any desired change

Learning to work with the Life 2.0 Process will change the way you think about changing!



In Life 2.0, participants will master the skills, thinking and attitudes required for making permanent and positive lifestyle changes

Each group meets with me for 12 weekly sessions of approximately 90 minutes and, through interactive conversations will learn to...

- Clarify what is important to them in their own, unique life
- Focus on their 'assets' vs their 'deficits'
- Focus on 'learning' vs 'failure'
- Set and achieve realistic goals and learn from that experience
- Build a support network

NOTE: Online and self-directed formats are also available

The Process

I developed the Life 2.0 Process by merging core aspects of several powerful lifestyle change methodologies: Intrinsic Coaching®, Values-Based Coaching, The DISC, and The Stanford Healthy Lifestyle Program.

These unique approaches to change have shown that how we typically conduct ourselves in our lives (i.e. what makes up our 'lifestyle behaviors') comes from thinking that is predominantly unconscious, habitual and reactive. This includes how we think about and react to our own actions, to other people and to events or situations.

Changing our habits therefore is not as simple as just deciding what to do, or what we 'should' do, as millions of people have discovered!

In reality, meaningful lifestyle change depends on changing and/or expanding our usual thinking patterns.

When this happens - you are **In The Process!**



IF YOU HAVE BEEN STRUGGLING WITH DIFFICULT LIFE QUESTIONS SUCH AS...

"Why can't I be more active?"

"Why can't I manage my weight?"

"Why can't I improve my diet?"

"Why can't I manage my stress?"

Find your answers in Life 2.0

**FOR A FREE INTRODUCTORY
15-MINUTE CONVERSATION**

CALL/EMAIL

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YOUR NEW LIFE STARTS HERE!