

INTRODUCTION

The Monster Coaching Academy gives the reader practical tools to help them work with the effect of damaging habits in their life style. Other books recently published deal with these topics in abundance, but even those written for the general reader do not address these issues with the humor and simplicity that the Monster Coaching Academy does. Research on books about self help reveals that this is an important topic.

There is much in both the medical and general press of the increasingly significant effects of poor lifestyle and of debilitating depressive illness on the general population: these are very important issues. Both the general public and the medical authorities seek solutions. The Monster Coaching Academy offers a novel and safe answer that encourages people to empower their own life and hence enrich the lot of themselves and their family, and ultimately of society.

Both Dr. Mary Hoptroff and Mr. Robert Clarke are both impressively qualified in their own fields as authors of this book. In the exercises and theory found in this book, they demonstrate the fruits of over 50 years of experience in this field seeing and helping literally 100.000's of people.

As a doctor Mary is always looking for helpful books to recommend to her patients and Rob in his work as a life coach seeks a similar back up to his fitness and life coaching. Not finding that which they and their patients and clients were seeking, they decided to write it!

Everyone wants to have a vibrant and happy life.

There are many methods and books written on how this can be achieved, but none approach these aims in such a simple and elegant way as the Monster Coaching Academy. This book concentrates on transforming the habits that keep us from the life we seek and almost everyone has one or more of these habits.

We take 5 of the most troublesome monsters/habits in society today and address them from a practical, fearless, safe and humorous way, so that are not centre stages in our day, and leave us more time and energy to live the life we want.

INTRODUCTION

Do any of the following strike a cord as being prominent players on the stage of life of many people today?

- Shakes the anxiety monster?
- Blotto the alcohol monster?
- Blues the depression monster?
- Skint the debt monster?
- Flab the fat monster?

93% of those interviewed in our research for this book, admitted to struggling with one OR MORE of these monsters.

The benefit of this book is to lead the reader step by step, by the use of text interwoven with practical exercises towards the management of the monsters affecting their life and eventually towards their ultimate transformation. This is very much a “how to” book and it works.

THE AUTHORS

Robert Clarke is a very successful personal trainer and life coach and has been for over 30 years. Rob is a dynamic life coach and Master personal trainer offering his services through the information highway with dedicated web sites such as www.buzzcoaching.co.uk and www.buzzfit.com as well as being a Successful Gym owner running his own members only gym with personal training studio.

Rob who is ex-forces has trained over 250,000 people, both male and female, from the ages of eight to eighty both in the UK and USA. Rob has trained many high profile clients from the sporting and business worlds and has coached Rugby fitness in Charlotte, South Carolina, USA and South Wales.

Rob has written articles about fitness and wellbeing in newspapers and magazines and can list aerobics and circuit training amongst his many skills. Both as a Body Builder and Runner Rob has raised thousands of pounds for charities by running marathons, half marathons and 10K runs.

Rob is the co-inventor of SIRA a machine used in the rehabilitation of sport related injuries and conditioning of athletes. Rob is both a motivator and mentor to his clients and helps condition them both mentally and physically in order to achieve their targets and live a healthy and fulfilled life.

Rob is a member of both the National Register of Personal Trainers and the Register of Exercise Professionals.

Rob has completed the National Coaching Foundation Course, including topics such as delivering the Goods - Communicating as a Coach, Coaching Children - How Children Respond and Adapt to Exercise.

Other skills include Motivating Your Athlete, Use of Rewards for Motivation, Understanding and Improving Skill, Process of Learning, Mental Preparation for Performance, Self-Confidence/Motivation/Relaxation, Analysing Performance, Accurate Analysis, Developing Endurance - Phosphagen, Aerobic and Anaerobic Systems, Developing Strength and Speed - Power Training/Running and Sprinting Drills, Developing Flexibility - Mobility and Stretching, Nutrition and Sports Performance, Fluid and Fuel to Enhance Performance, Prevention and Treatment of Injury, Creating Awareness of Prevention, Planning Your Programme Closed/Pre/In-Season and Peaking, Structure of the Body, Human Biology.

THE AUTHORS

Rob has also completed the Y.M.C.A. Fitness Testing and Fitness Assessment Course Covering:

- ❖ Screening
- ❖ Anthropometry - Height and Weight/Girth Measurements
- ❖ Blood Pressure - Manual Sphygmomanometer
- ❖ Body Composition - Callipers
- ❖ Aerobic Capacity - Cycle and Step Tests
- ❖ Flexibility - Sit and Reach
- ❖ Muscular Endurance - Sit Ups
- ❖ Strength - Grip Strength
- ❖ Lung Function - Peak flow and Spirometry

As a British Weight-Lifting and Weight Training Instructor he is a firm believer in the benefits of weight training and the importance of specific training programmes. Robert is fully qualified to teach the following:

- ❖ Aerobics/Circuit Training
- ❖ Olympic Lifting
- ❖ Power Lifting
- ❖ Power Building
- ❖ Body Building
- ❖ Strength Training

Roberts Achievements & Key Skills include: British Weight-Lifting and Weight Training Instructor, Level 1 and Level 2 Welsh Rugby Union Coaching Award, Independent Sampling Officer, Sports Council of Wales, R.S.A. Exercise To Music (1999), Motivation and Team building, Excellence in communication, Excellence in customer relations, Excellence in critical evaluation.

THE AUTHORS

Mary Hoptroff is both a conventional medic, having trained as a general practitioner and also is well qualified in the complementary therapies, and so can approach health and well being from an unusually broad and eclectic angle.

Mary has been interviewed by several magazines as a result of her unusual approach to health the most recent being positive health (reference).

Mary qualified from medical school in Cardiff in 1980 also receiving the prestigious Geraint Walters prize for haematology. She furthered her academic training by achieving the postgraduate entry to the Royal college of General practitioners and obtained her diploma in child health. Hand in hand with her then developing general practice in the South Wales Valleys, she developed the first meditation and relaxation class in the Dulais Valley and the first branch of MIND in the area. Realising the benefits of meditation herself from her own practice led Mary to investigate other complimentary therapies. She qualified in counselling skills and used these in her practice.

These skills led the new outreach department of Swansea University to request her to run evening classes in self development for women, which were so successful that the men in the area also requested classes!

After qualifying as a teacher for higher education in 1992, Mary accepted a part time post in Swansea University teaching clinical skills to nurse practitioners, and latterly to paramedic practitioners and medical students.

Running in parallel with these activities she continued her own self development and exploration of unusual methods of healing, especially self healing. Mary trained intensively with a Native American Healer from 1990 to 2007 travelling to the United States for her training as often as five times a year. This unusual interest gave her an expanded view of health and well being, with a totally different perspective to self help. Mary now practices her skills of orthodox medicine and the many psychological skills she gained in the years of Native American training both on the NHS and privately. Mary's passion professionally is to help people be the best they can be, and many of the insights and much of the knowledge she gained in those years of Native training have come from the ancient techniques she learned in America.

THE AUTHORS

Mary has taught self development both in the academic setting and in the public domain. She has run public workshops across the UK and Europe for the past 8 years, always aimed at helping people to develop into the people they dream to be. She has developed a Consciousness Research Group with a colleague in Swansea where she lives affiliated with Swansea University to encourage research into these topics of self help. She is also engaged in her own research aimed at evaluating if meditation can help the long term outcomes of chronic disease, both physically and mentally.

Mary believes that the mix of the orthodox and scientific with the ancient wisdom of the Native peoples has much to offer to us today and this book is an expression of this marriage of traditions.

Mary frequently speaks at public events, such as the conference of homeopaths, business conferences, and charity lunches/dinners to medical seminars. She has presented seminars in Geneva, Hamburg, London, Wales, Arizona and California.

The Monster Coaching Academy is the first book in a series, addressed in this first volume is some of the more common conditions that challenge our health. The book is an introduction to the methods used and will explore in more depth and for other conditions these methods in later volumes. The theme of the monsters will be maintained as a thread that the reader can identify within themselves and increasingly become skilled at transforming in their lives.