

AUTUMN SUCCESS STRATEGIES

TRINITY
TRANSFORMATION

**THE BIGGEST DANGER IN
AUTUMN & WINTER...**

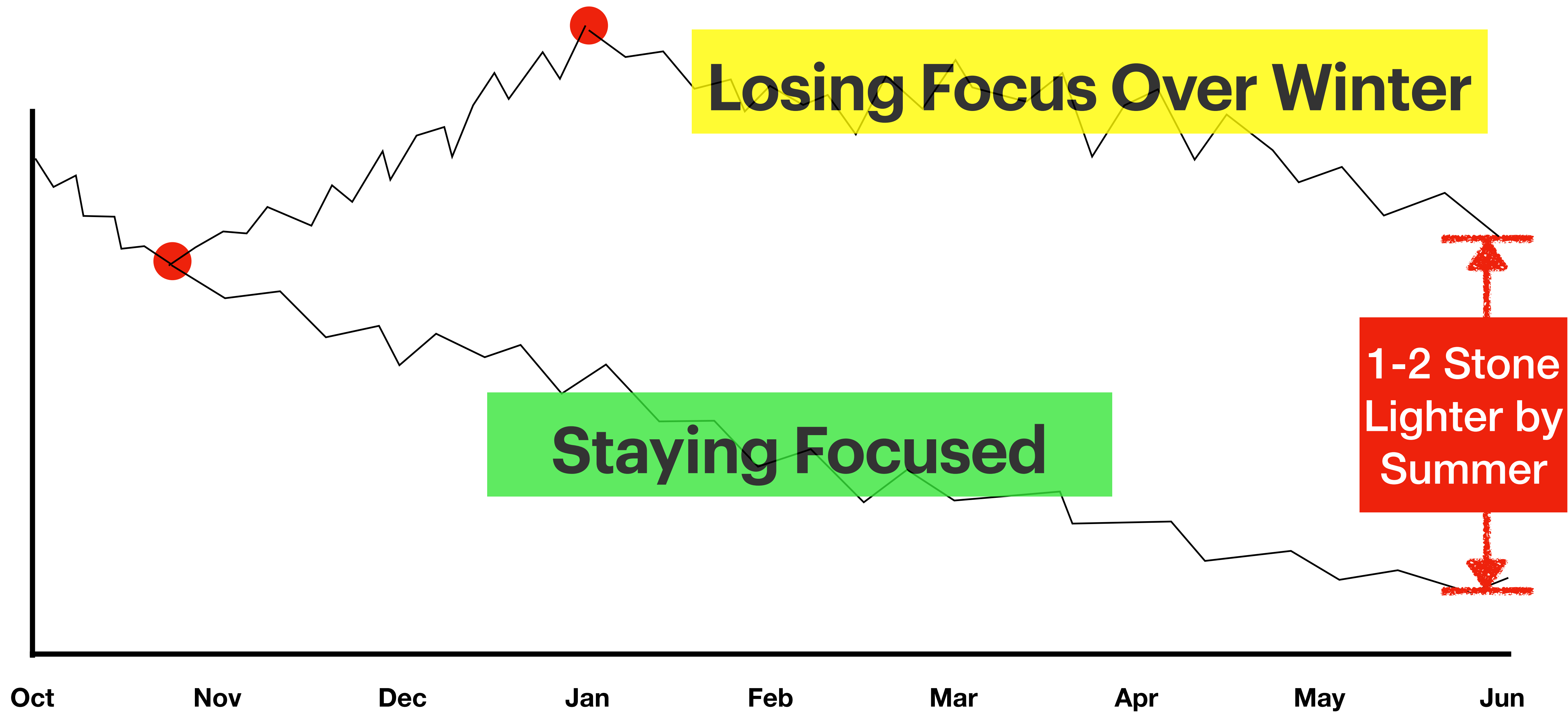
LOSING MOTIVATION

“I’LL START AGAIN IN JANUARY”

MISTAKE = IT'LL BE EASIER

IT'S NOT!

LET ME SHOW YOU



LOSING FOCUS LEADS TO...

- **Feeling guilty, disappointed and full of regret in January**, which no one wants!
- **3-6 months of extra work dieting and working out in the New Year**, just to get back to where you are now (let alone making new progress)
- **Spending another 6-12 months longer on diets, coaching or programs** to make the same progress (if any at all!)
- **Continuing to practice and ingrain yo-yo dieting habits** for years to come



**STOPPING OVER WINTER IS THE #1 REASON
PEOPLE FAIL TO CHANGE LONG-TERM**

**STAYING FOCUSED IS THE SHORTEST &
EASIEST PATH TO **LOOKING & FEELING YOUR
BEST** FOR THE REST OF YOUR LIFE!**

**SO HOW DO YOU STAY FOCUSED &
SUCCEED BETWEEN NOW & SPRING?**

1. PREPARE

FAIL TO PREPARE, PREPARE TO FAIL

What are going to be the main challenges for YOU?

Change	Risk	Solutions
Dark mornings & evenings	Fewer steps, stodgy food, lie in & skip workouts	Walking pad, SAD lamp, look up lean high protein meals, shift workout times
Cold workout room	Workouts slip, or intensity slips	Warmer workout gear, portable radiator in gym on timed plug
Christmas food in supermarkets	Eat 3-4 mince pies each week (750-1000 calories extra)	Create Xmas food rules, share with coach for accountability

2. SET YOUR FLOOR

AVOID ZERO - THIS IS WHERE RAPID DECLINES HAPPEN



Perfection

80%

**This is where
real success
happens!**

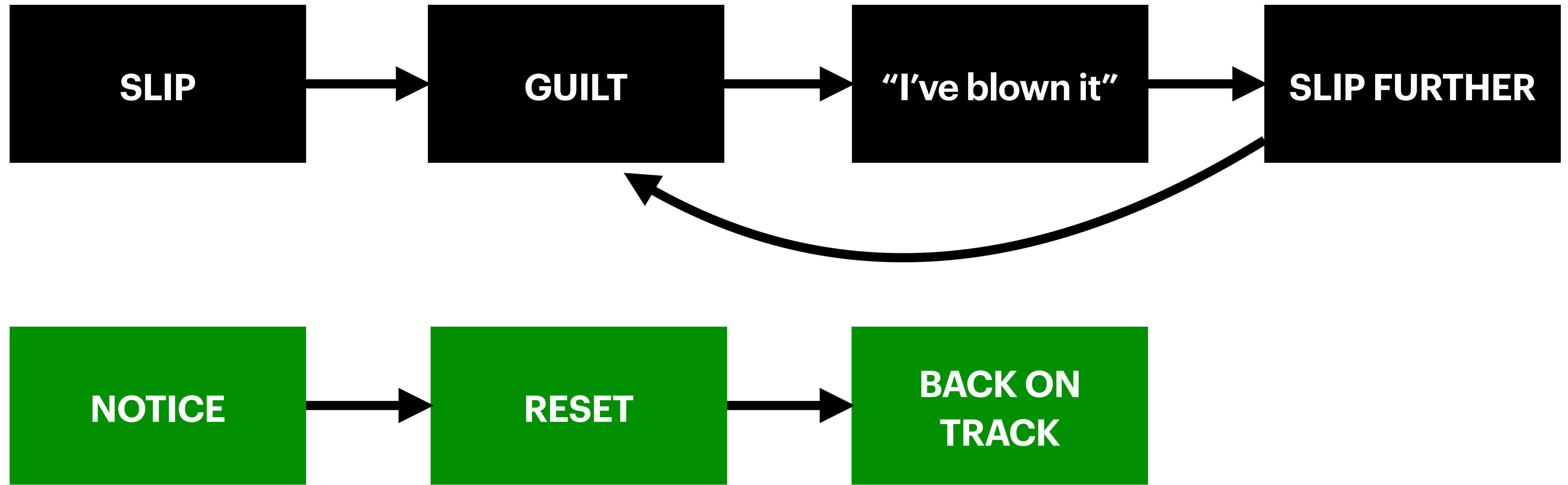
Floor

1 x 30-min LIST/week
5,000 steps
Protein every meal
No alcohol bar Saturdays

Even on your worst week, Don't break this promise!

3. RESET FAST

AVOID THE “I’VE BLOWN IT” SPIRAL



IN SUMMARY...

AUTUMN SUCCESS STRATEGIES

1. **PREPARE** FOR CHALLENGES IN ADVANCE
2. SET YOUR **FLOOR**
3. **RESET** FAST

And if you know winter's going to be challenging for you, plan in an extra RESET & BOOST...

SUCH AS... OUR **JANUARY**
KICKSTART EVENT

JANUARY KICKSTART

JANUARY 16 - 17TH 2027 | FAIRLAWNS HOTEL & SPA | ROYAL SUTTON COLDFIELD



WITH THE KICKSTART YOU WILL...

- **Stay motivated over winter to keep you moving in the right direction** and stop you gaining 1/2 a stone or more over winter (like most people) and having to do everything all over again!
- **Uncover & overcome anything that's holding you back from ultimate success right now** so you'll be unstoppable in 2026
- **Leave with a clear plan of action for your next year in ALL areas of your life** - Fitness, Family, Finance and Fun



SO HOW DOES IT WORK?



YOU'LL GET 2 DAYS INTENSIVE TRAINING WITH THE
TRINITY TEAM **TO MAKE 2027 YOUR BEST YEAR YET!**

DAY 1

JANUARY 16TH @ 10AM
PHYSICAL KICKSTART



L.I.S.T. MASTERCLASS

MK HEALTH, BIRMINGHAM CENTRE

- **Get chauffeured from the hotel to one of Birmingham's most prestigious gyms** (which Trinity has on exclusive hire all day)
- **Master your technique with a wide range of equipment so you get more out of all of your workouts in 2027** (without having to do anything more than you're already doing!)
- **Learn the skills so you can confidently strength train for the rest of your life** to stay fit, strong and healthy for you and your family no matter where you are in the world over the next 20-30 years!









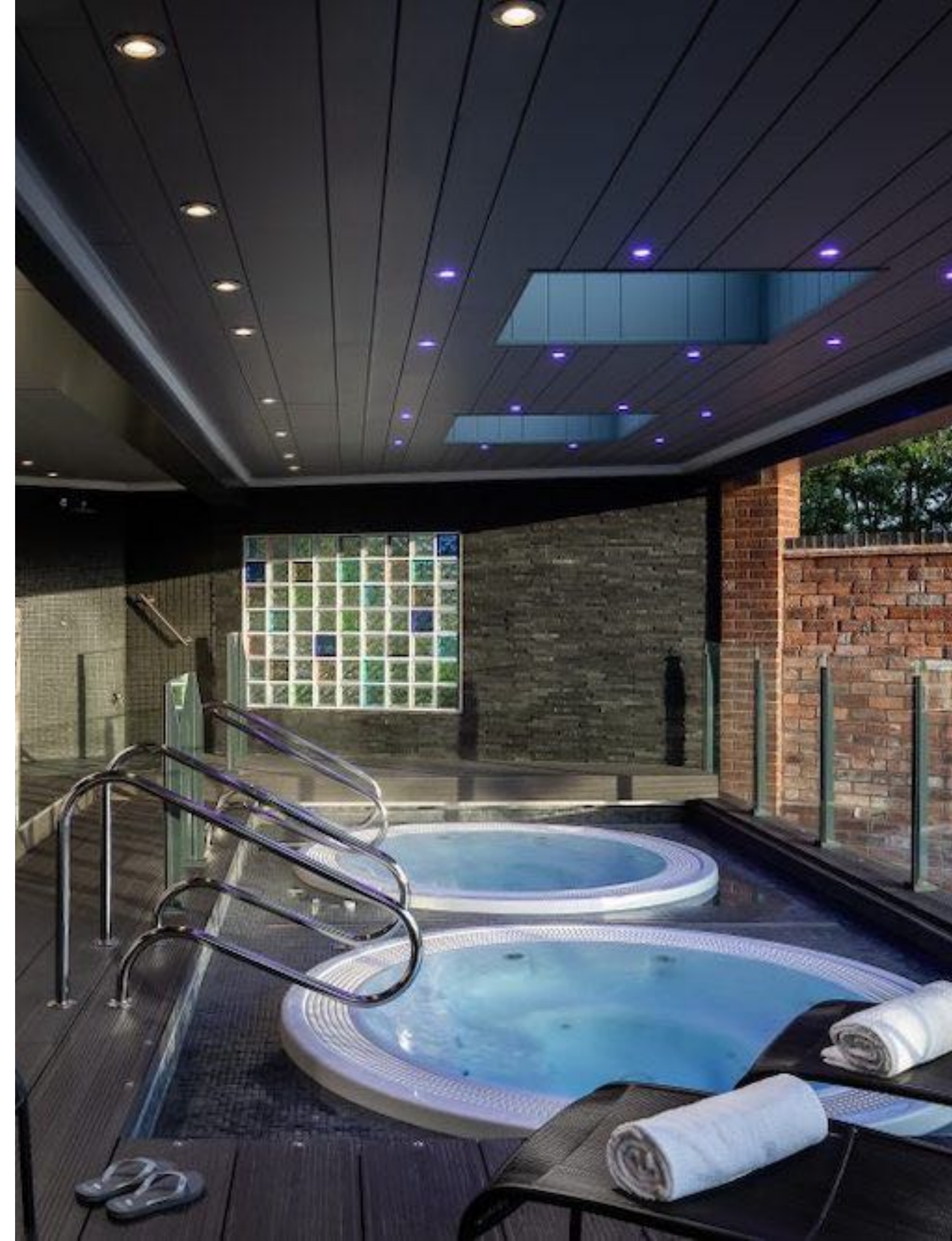




SPA EVENING

FAIRLAWNS HOTEL & SPA

- Return to the hotel to unwind, relax and recharge in the extensive spa
- The spa includes:
 - Outdoor hot tubs
 - Multiple saunas
 - Steam rooms
 - Hydrotherapy suite
 - Foot spas
 - Pool





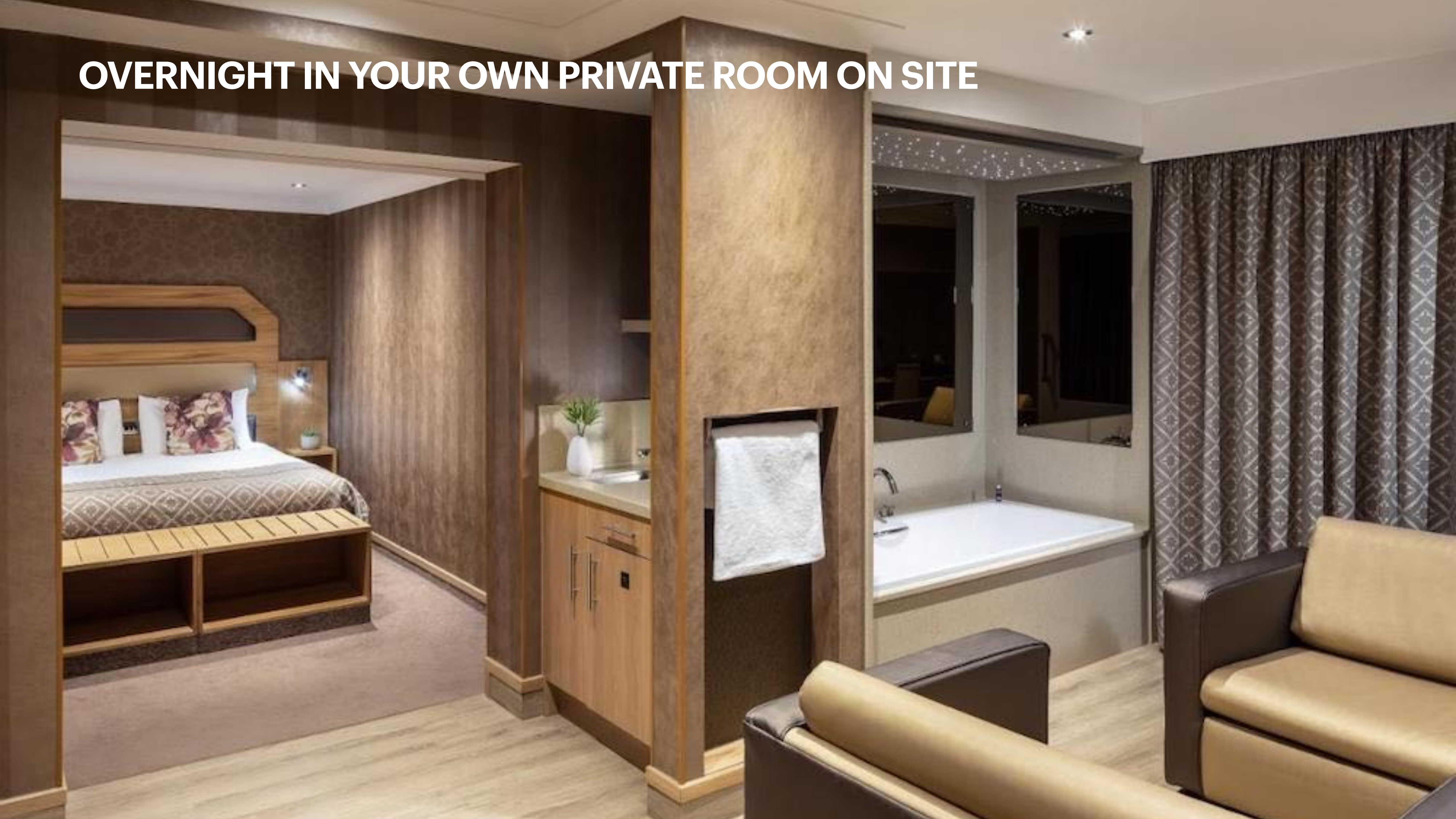
3-COURSE DINNER

FAIRLAWNS HOTEL & SPA

- Join our team and a small group of other committed Trinity members
- Enjoy a delicious 3-course dinner guilt-free at the award-winning restaurant 178 on site
- Learn what's led to other client's successes in all areas of their life
- Make and strengthen connections to support you in 2027 and beyond

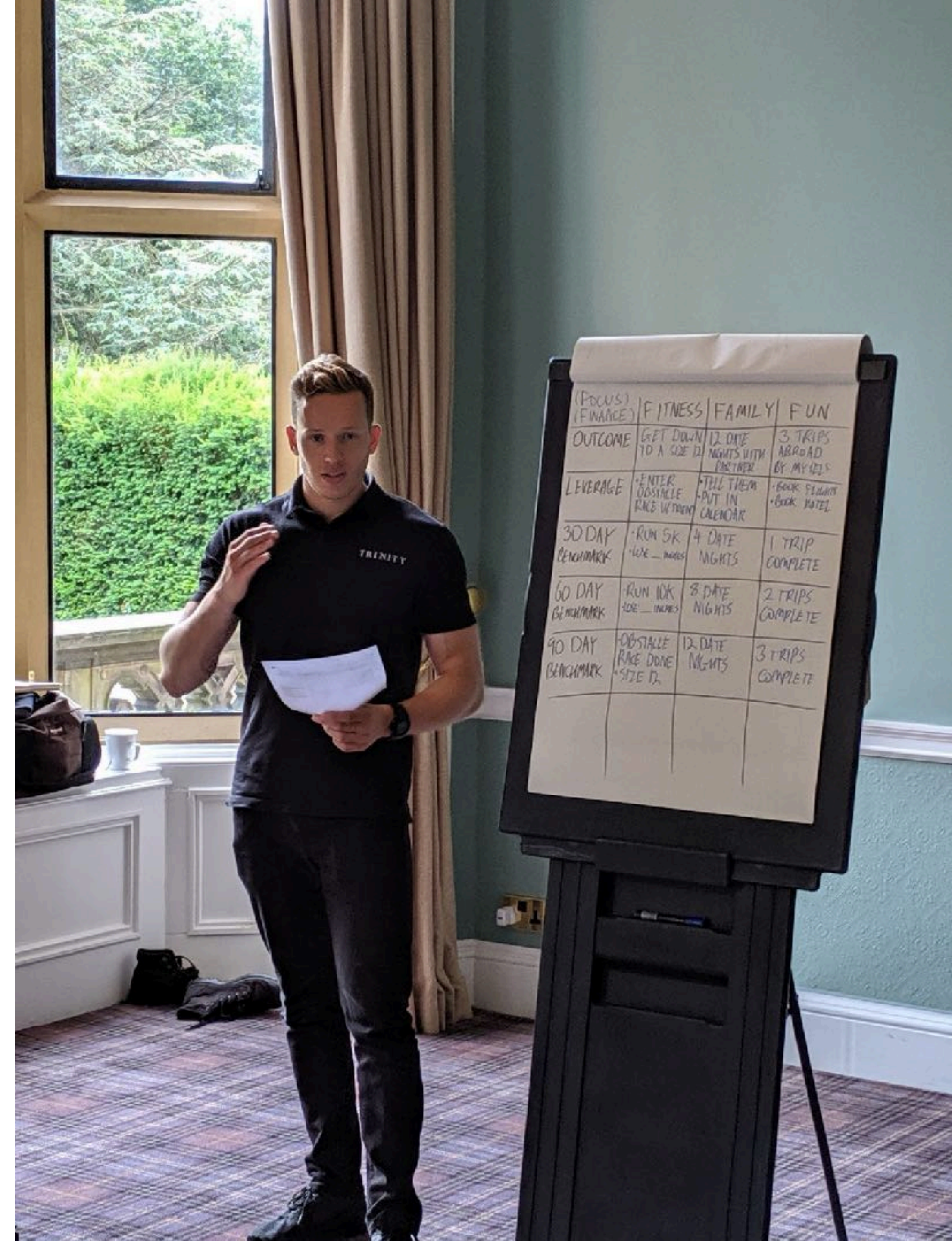


OVERNIGHT IN YOUR OWN PRIVATE ROOM ON SITE



DAY 2

SUNDAY JANUARY 17TH (UNTIL 4PM)
MENTAL KICKSTART



KICKSTART FORMULA

WITH ROB & BEN

- **Create rock-solid goals for 2027 across all areas of your life: Fitness, Family, Fun and Finance**
- **Identify solutions to anything that's been holding you back from being the best version of you**
- **Leave motivated and confident you'll achieve everything you want from 2027**



CHOOSE YOUR TICKET

STANDARD TICKET

SOMETHING TO GET EXCITED ABOUT IN 2027

- **LIST masterclass**
- **Private en-suite room**
- **Delicious light lunches**
- **Award-winning dinner**
- **Healthy breakfast**
- **Kickstart formula**
- **Get focused & motivated for 2027**

RRP £997

TODAY £697



VIP TICKET

THE ULTIMATE TICKET

Everything included in Standard ticket plus...

- Best seating in all sessions
- Room upgrade (junior suite)

RRP ~~£1197~~

TODAY: £797

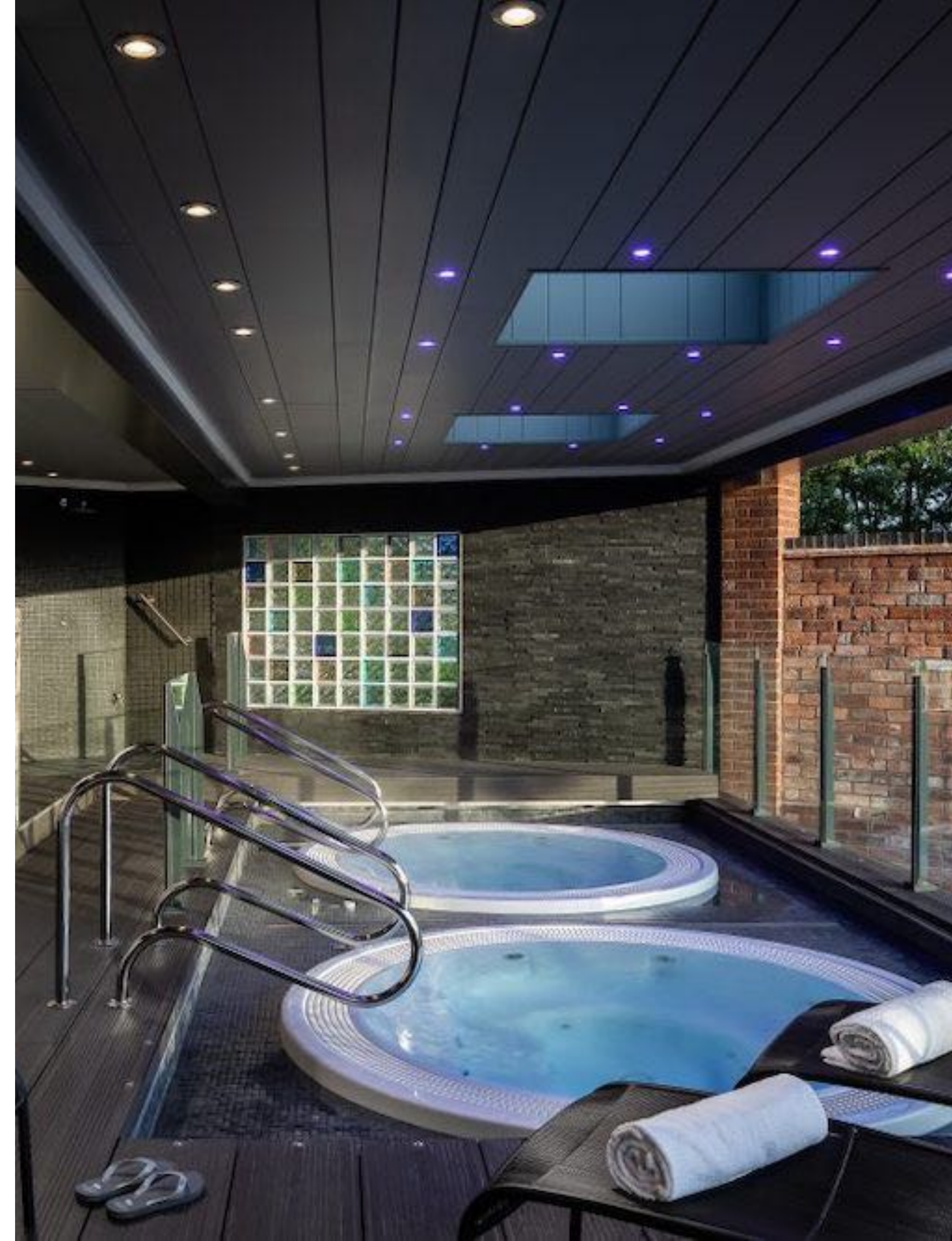


EARLY-BIRD OFFER

3 BONUSES FOR THOSE SIGNING UP THIS WEEK...

- 1. Save £300-500 off the full price** (it will never be this cheap again!)
- 2. Trinity Swag Bag** (£50+ of Trinity goodies that money can't buy including clothing & stationary!)
- 3. Complimentary Spa Pass** (usually £45) to relax & recharge in their state-of-the-art facilities

Offer expires Monday October 5th at midnight!



**9/20 EARLY BIRD SPACES
ALREADY TAKEN!**



WHAT ARE YOU WAITING FOR?

[BIT.LY/TRINITY-KICKSTART](https://bit.ly/trinity-kickstart)

