



**DEFINING YOUR CHARACTER  
CLARIFYING YOUR PURPOSE  
LIVING YOUR POTENTIAL**

# **LEGACY**

*By Coach Tarek*

# THE LEGACY PROGRAM: TRANSFORM. ACHIEVE. THRIVE.

Your business success is already apparent to your colleagues and contemporaries, yet you feel you are yet to reach your true potential.

***How do you move to that next level both professionally and personally?***

## THE LEGACY PROGRAM

A natural extension of the world's largest functional training and education company – the Functional Training Institute (FTI) – The Legacy Program was born from identifying insights into the *life limiting inertia* of many of our clients.

**Unachieved goals. Limiting beliefs. Frustrations. Challenges.**

How can these be overcome and turned into drivers – *motivators* - for your own transformation?

Legacy will help you identify and leverage your pain points, overcome your limiting beliefs and allow you to confidently meet your challenges to change not only the way you think, but the way you approach your life.

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**LEGACYBYTAREK.COM**

## **PRACTICAL. ATTAINABLE. SUSTAINABLE.**

Legacy uses a functional and tools-based approach to provide *attainable* goals and systems measures that generate practical, sustainable and long-term outcomes.

## **BENEFITS & RESULTS DRIVEN**

Legacy is carefully tailored and crafted to each individual. It is always *benefits and results* driven – not simply hyperbole.

Global experience in the fitness and business world has also helped develop functional practices and tools that balance the aspirational with the practical.

This provides clients with the tools and inspiration to transform their lives and the compass to guide them along their chosen path. To Thrive, not merely Survive. To realise their truest Potential.

## **IS THE LEGACY PROGRAM FOR YOU?**

Legacy is not for everyone.

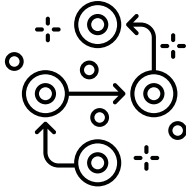
Legacy wants individuals that recognise that life inertia is limiting their progress and have a fundamental desire for change. Those that want to break the rut and move to the next professional or personal life plateau.

If you are truly seeking meaningful transformation, get in touch today for your *complimentary* Legacy coaching call and begin your journey to a more fulfilling life.

*"I have made it my life's mission, working with and studying some of the world's most Highest Performing People. I became fascinated by their habits, processes and mindsets.*

*After years of interacting, researching and living as a high performer, I was able to distill this down into a set of systems and meaningful processes, that you can implement into your business and life, to fully realise your potential"*

## LEGACY PROGRAM BREAKDOWN



### THE LEGACY COACHING METHODOLOGY

*By Coach Tarek*

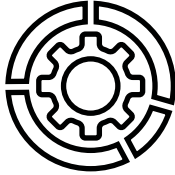
The coaching methods consist of group coaching calls with **no more than 12 people per session**. We believe in quality of interaction and creating a safe space for all to share and gain greater levels of personal development.

In addition, we provide **5 x 1 on 1 coaching calls throughout the program** to empower the individual with greater levels of change through the coaching process.

**Regular check-ins are essential for the progress**, accountability and effecting change in the client's journey.

- Intake Discovery call with a legacy coach
- Begin 8 program - 2 hour Zoom Session every week
- Fortnightly Checkin x 4 with a legacy coach

## **LEGACY PROGRAM BREAKDOWN**



### **THE LEGACY TOOLS**

*By Coach Tarek*

The program is supported with digital resources designed to enhance the learning experience. This is achieved via interactive PDF manuals; Live shared documents and videos to increase the 'stickability' of what is learned throughout the program

We also believe in accountability. The realisation of this is the legacy dashboard. This provides the interactive framework for the client to:

- Create and sustain the weekly rhythm
- Cultivate meaningful habits that are tracked and implemented
- Defining well formed goals
- Creating your character strengths and ultimate mission statement
- Following a weekly high performance review and feedback process which keeps you on track

## **LEGACY PROGRAM BREAKDOWN**



### **FREE 3 MONTH ACCESS PASS TO 'LEGACY VIP'**

*By Coach Tarek*

#### **This is where we store and house the following:**

- Digital manual
- video resources
- Interviews
- Webinars
- And much much more
- Legacy dashboard (designed to make you a highly productive and effective operator)

#### **Welcome pack:**

- Custom legacy pen
- Compendium
- Full focus planner
- Only way to win book
- Bookmark
- Postcard with message from coach Tarek

## **LEGACY PROGRAM BREAKDOWN**



### **THE LEGACY COMMUNITY**

*By Coach Tarek*

#### **LIFETIME Access to 'Legacy ALUMNI'**

One of the big and great outcomes of the legacy program is building and sustaining a strong community. Even though the program is initially 2 months, we believe in creating a platform that allows optimal interaction between legacy clients and coaches.

The ultimate outcome is to create stronger communities in the real world.

#### **The benefits of joining legacy:**

Cultivate a stronger sense of purpose through establishing character strengths and an ultimate mission statements designed to elevate your personal and professional brand with a purpose driven stance.

Become a highly productive and effective operator in business and in life. The tools and methods taught in legacy are designed to give you the frameworks to produce higher levels of quality outputs in your personal and professional domains.

Lead yourself, your loved ones and your community with your ultimate WHY. Your legacy! Your Legacy lived throughout your life is what truly matters.

## TESTIMONIALS

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I wasn't sure what to expect from the program, but I got so much more than I had planned.

What struck me the most was "We don't fall to the level of our goals, we rise to the level of our system's"

I felt I wasn't reaching my potential, and Legacy gave me the tools and insight to see where I could improve dramatically.

I realised my purpose, my strengths and many flawed processes...and was given an environment and the systems to install high performance habits and attitudes.

What I really didn't expect was the community. We are the average of the people we spend time with. It's an honour and a privilege to be a Legacy Alumni. I know I will grow and be challenged to rise to the level of other High Performing People achieving their Legacies. As others in my Legacy Family of Excellence say "There is no plan B".

I'm beyond grateful. Thank you Coach and Legacy.

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**Sammy Soames**



## TESTIMONIALS

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The Legacy program has been instrumental in helping improve my outlook on life and the way in which I choose to live it.

Through Coach Tarek's knowledge and thought provoking questions I gained knowledge and strategies that allow me to remember and embrace who I am and most importantly to feel confident and comfortable to step out and start living my legacy right this moment.

The continued support as part of the Legacy community beyond the 8 week program is an added bonus. I highly recommend anyone in search of clarity and purpose to embark on this journey with Coach Tarek as part of the Legacy community.

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**Manelle Asmar**

## TESTIMONIALS

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When I first got approached by coach Tarek to join his pilot Legacy 8 week program, I did not hesitate for one second to put my name down, simply because I knew from previous interactions and webinars with coach Tarek, that the value and wisdom in the program was going to be one of a kind.

Having said that, I was not quite sure what to expect...so I went in with an open mind.

The LEGACY program to me is the GLUE that brings together many concepts, practices and self discovery.

Coach Tarek through his ongoing learning, industry experience and interaction with many great minds, has put together a system, with clear strategies and tasks, to be able to reflect on our own values and beliefs, to then craft a meaningful ultimate mission statement, from which start living a more meaningful and fulfilling life journey.

LEGACY also helps one to establish a weekly rhythm, through which one can become a more productive and focused individual, be it in everyday life or business, always striving to put forward the best version of oneself.

I believe, LEGACY is a program and a great tool for everybody, particularly if you're looking for a practical and meaningful way to create positive change, steered through value driven decision making and a clear and well crafted ultimate mission statement.

LEGACY is helping me grow with more awareness of my strengths, where my energy and focus should be placed, being grateful of the big and little things life brings into my life journey, and no matter what, always take time to breath and reflect.



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**Guillermo Vacaflores**

## TESTIMONIALS

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Legacy - what a powerful word! It is said that when the student is ready, the teacher appears. This sums up my eight week journey with Coach Tarek and my newfound family - my crew. Living and leading in a developing country, the Philippines, is tougher than anyone in the developed world could ever imagine.

All the social welfare set-up that the “first world” enjoys, the level playing field, merit-based success and a government that does its job - we do not have those here. Taking on a responsibility as big as I have is not an easy feat - no one does this here, it is just much easier to leave and set up shop elsewhere.

Without the empowering eight week journey with my crew, I would not have discovered how much power I have within me. I would not have read as much enlightening material suited for people like me. I would not have viewed my life in such an objective and structured manner, tailored for high performers like me.

Without the Legacy program, I would not have realised that I was not alone in the quest to live a full life whilst empowering others to do so as well - through movement. For any leader in the fitness and rehabilitation industry, I highly recommend jumping on this program. Right after I graduated from the program, there was a major plot twist in my life as my family went through so much struggle.

I did my breathwork, took on the reins and embraced it as another learning experience. Without the emotional maturity I have developed through Legacy, I would have broken down. Well, I did not. That’s awesome!

”



**Josh Manoharan, PTRP**

**TRANSFORM.  
ACHIEVE.  
LIVE.**

**FIND OUT HOW LEGACY  
CAN IMPACT YOU**

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**W: WWW.LEGACYBYTAREK.COM**

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