

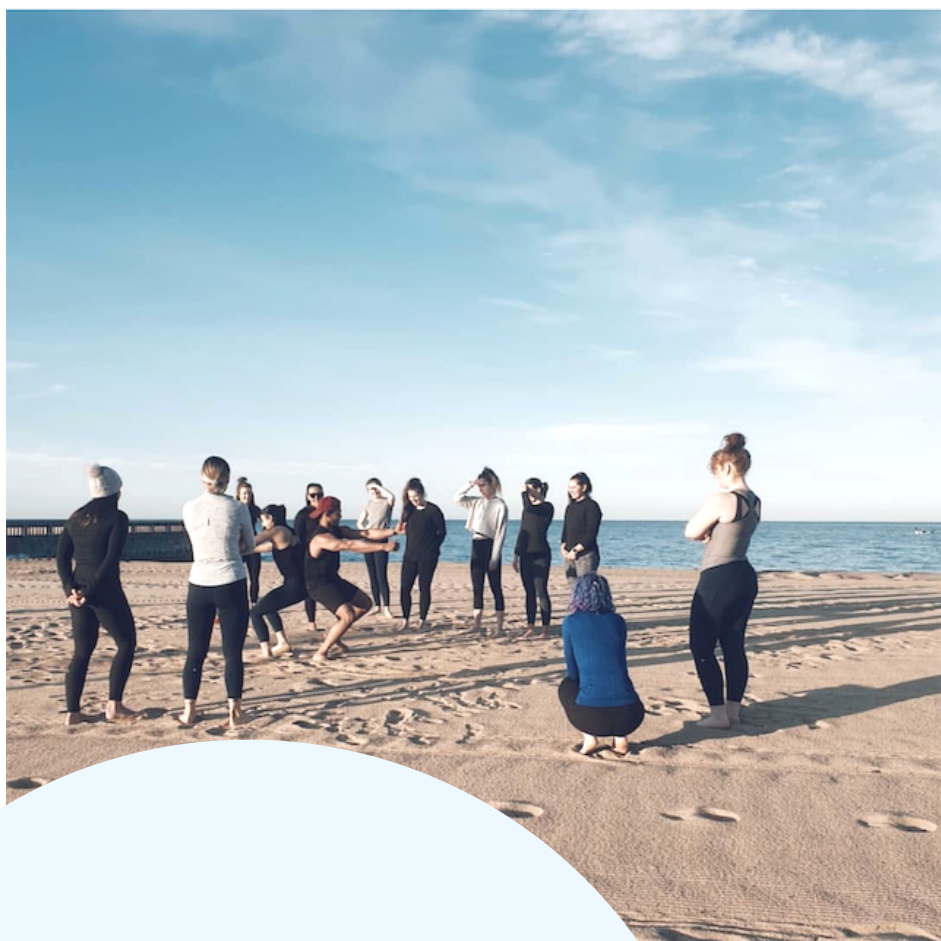
TRAIN For CHANGE

A FUNDRAISER BY

ONE MOTION COACHING



AN OPPORTUNITY TO
TRAIN TOGETHER AND
CREATE CHANGE



TRAIN FOR CHANGE

WHO WE ARE & OUR MISSION

One Motion is a premium coaching service for individuals seeking to enhance their overall strength, athletic capabilities and body composition. Our ultimate goal, is to take people through a balanced and holistic training journey, giving them the opportunity to get **STRONG**, feel **HEALTHY** and think **POSITIVE**..

Over the years, the team at One Motion has invested much of their time towards education and their understanding of health. Only to recognise the power it holds to help individuals live a long, positive and fulfilled life.

So we wish to contribute to charities who support our less fortunate youth and provide them the necessities of housing, education or physical activity.

Hopefully our efforts are able to provide them with opportunities we believe are essential for empowering them to create positive changes within their own lives.



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2021

WHAT IS TRAIN FOR CHANGE?

Train for Change gives the opportunity for your company to improve the mental and physical health of your team. In return, we ask for a small contribution which is donated to a good cause.

One Motion Coaching will hold a monthly 45-60 minute training session, where all the proceeds over a 3 month period will go directly to the designated charity.

What's the catch??

There is none!

Your team just has to show up with positive vibes and ready to give it their all!!



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CHARITIES

Lighthouse Foundation
provides homeless young people from backgrounds of long-term neglect and abuse, with a home, a sense of family, and around-the-clock therapeutic care that is individually tailored, trauma informed and proven to work.

Youth Off The Streets
is a community organisation working for disadvantaged young people who may be homeless, drug dependent and/or recovering from abuse. They support these young people as they work to turn their lives around and overcome immense personal trauma.

Kids Helpline
is Australia's only free, confidential 24/7 online and phone service, providing counselling and support for young people aged 5 to 25. They have helped over 8 million children with mental illness.

Camp Quality
gives kids facing cancer the chance to be kids again by providing kids and their families with fun experiences, trusted information, coping tools and a supportive communities.



TRAIN FOR CHANGE

TRAINING STYLES

SELECT A TRAINING
STYLE THAT BEST SUITS
YOUR TEAM!

SWEAT

A high intensity training session designed to raise the heart rate, test cardiovascular fitness and improve muscular endurance. Improving the health of the mind and body as you drip that last bit of SWEAT!

SQUAD

A co-operative session planned to instil team building qualities through partnered or grouped workouts. Each workout aims to challenge cognition and competitiveness through the various activities, helping to improve core principles of a synergistic SQUAD.

WARRIOR

A hard and gruesome strength session which combines cardiovascular, strength and complex movement patterns to challenge each individual. Enhance the body and mind to be capable of working under fatigued and stressful conditions, to develop a WARRIOR's attitude.

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CONTRIBUTION

In order to make this cause effective,
the donations for each monthly
session are as followed:

10+ people: \$20/person

5-10 people: \$200 minimum

(30 people maximum)

The donation itself is of course
significant, although we believe it is
equally important to share the good
intentions of 'Train for Change' with
others to make a notable effect
through the cause.

"Only a life lived for others,
is a life worthwhile.."

ALBERT EINSTEIN

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TRAIN FOR CHANGE WITH ONE MOTION

**IF YOU ARE
INTERESTED, OR HAVE
ANY ENQUIRIES
PLEASE CONTACT US
VIA EMAIL AT**

INFO@ONEMOTIONCOACHING.COM

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