1. What is your name and profession, and how long have you been providing  
   your services?

Casey Meshkova, I’m the healthy lifestyle and fitness coach. Been providing my services for 6 years.  
2. What makes you different from others in your profession?

I was once overweight. Metabolism and physique changed after first son. Always experimented with fad diets and figured out that it needs to be customized. Everything I do is customized to the clients needs.  
3. What are the most important things you teach as a coach?

Discipline, Endurance, Stamina, Goal-setting, Accountability, Reasonable goals, and pushing past to exceed and reach a new set of goals.  
4. To you, what is "Cost of Redemption," and what does it mean to you?

Cost of Redemption means to know failure, hardships, humiliation, struggling and figuring out what you’re doing is wrong. It’s using all the hardships, ridicule, and negativity to push yourself forward and pay this “cost of redemption.” Redemption comes from that point of realization when you’re ready to make a change.  
5. What does "Cost of Redemption," do different from its competitors?

Aaron Noah, and I offer coaching services that are heavily customized to the customers needs, and we’re able to relate to them much better because we’ve been there, and we want them to succeed.   
6. Why should one choose CoRE over other business/health/social coaching  
companies?

CORE is unique in a way that each coach has fought tooth and nail to not only better ourselves, but others around us. We don’t offer canned solutions. Everything is customized.

For me, it’s a customized meal plan tailored to the client’s individual needs and wants. Also, an exercise plan that’s tailored just for you, depending on your body type and what kind of body types you want to achieve later on.

7. What achievements or accolades do you have within your industry?

Sister diagnosed with breast cancer – designed a meal/exercise plan through chemo – through diet and exercise now cancer free mastectomy and lifestyle completely changed

5 clients CORE

`100 clients  
8. Why do you continue to coach and teach?

There’s just this rush and major sense of confidence seeing my clients succeed. When my clients hit a wall, so do I! I want nothing more than seeing my clients succeed, and there’s just no better feeling than watching the lives of my clients change.  
9. What is your favorite part of teaching and why?

Working with new clients! The first meeting is my absolute favorite! Finding out what goals my clients want and exactly what they want to achieve is the best part, because they’re all different and it presents a new challenge for me. Whether it’s just a healthy way of living, losing weight, or even gaining weight, I get to work with people, and I get to go on this incredible journey with each and every client I get.  
10. Do you have any student testimonials to share? If so, describe the  
student's experience in detail.

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