The main things I need:  
- A few points on How Tadgh works , his ethos, approach  
- A bio on Tadgh, - a paragraph on his experience, interests  
- The services he offers - e.g. nutritinos, personal training, weight loss, etc  
- contact details  
- anything else you want in there  
  
I'll put in some stock photos for now but if you have some good ones of Tadgh we can put those in later. Ideally the file size shouldn't be too big.

Ethos:

Tadgh believes in taking a scientific approach to achieving a person’s goals. Everyone has different abilities and \_\_\_ ! Together he helps you achieve this !

How he works:

One to one consultation with clients- during this meeting he takes measurements and weight and sets out goals before commencing the programme.

Some clients are online only- These clients are generally good athletes

Some clients look for specific movement techniques for their sport

Personal training Clients- they pick a package and they also have to do the homework which is set out

He uses the true coach app which all his clients all log into. The general PT people tick off when they complete homework and leave comments if something is too hard or too easy.

The athletes send him videos of movements etc and he gives them voice message feedback.

He also works with sports teams.

It has been mainly GAA football- He has been the strength and conditioning coach for mallow senior footballers for the last three years-

A group of runners also come in for a session once a week.

Services offered:

Online programming: 100 euro a month

Full time, a new weekly program which is individualized and sent out each week

Personal Training:

Gold- Three PT sessions a week and a nutrition program 540 euro for a six week block

Silver- Two PT sessions a week and a nutrition program 410 euro for a six week block

Bronze- One PT session a week and a nutrition program 240 euro for a six week block

Online Program:

Tadgh provides an online training service which has the benefit of working directly with him even if you can’t come in person. He provides the essential elements of the right program in a set of weekly workouts which offered variety and results. Through using an online platform, you can communicate directly with your coach.

Working one on one you will get an individual tailored programme specifically designed around your goals and needs.

Bio on Tadgh

I have been passionate about sports my whole life. Handball and Rugby were my sports of choice. Having been coached my entire life I understand the importance a good coach can make. A coach should always progress and learn and constantly better themselves and their knowledge. I love reading and studying about new techniques and methodologies.

I myself love to train, I eat breath and sleep training. In recent years I have completed a martathon, I have won numerous crossfit and handaball competitions and am currently training for an Iron Man. My main focus is to instill a fraction of this passion to others and to help them achieve their goasl and gain as much as I do from training.

I give my clients the attention they need be it in person or online. I use my online platform to communicate with those who can’t get to the gym and those who can use it to do their homework too!! We have a feedback option and video option which allows me to give the best advice and support possible. I help my clients become the best version of themselves and I work with them to fit around their schedules.

I have a level 8 degree in Sports Science and Nutrition from St.Mary’s University Twickenham London. I have also completed some course to further my knowledge as a coach, some of these include:

Level one crossfit coach.

Joel Jameson-HRV training course

Think Tank Fitness courses

Year 1 Physical Therapy

First Aid

Chris Hinshaw- Arobic Capacity Course

I love how my coaching can have such a positive impact on clients. I enjoy being part of the process and their journey. When I see the results and their happiness it is so rewarding.

With thousands of coaching sessions done, I have grown as a coach and learned there are no two people the same. Everyone has different goals, strengths and weakness inside and outside the gym.

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