

About

Discovery Coaching Systems LLC

Discovery Coaching Systems, LLC was founded by Melissa Batterman. The mission of Discovery Coaching Systems is to motivate and inspire our clients through personal and professional coaching programs that are individually designed to adequately provide each client with the tools and knowledge necessary to obtain their personal and/or professional goals.

Whether your focus is Life, Personal Fitness, Sports, Nutrition or Corporate Wellness Coaching, the methodologies used by Discovery Coaching Systems will have you obtain your goals and become a champion in your own right.

Meet the Staff

Melissa Batterman—Owner/President/Coach

Personal Fitness Coach & Fitness Instructor, US Cycling Coach, Sports Specific/Conditioning Coach, Nutrition & Weight Management Coach, Life Wellness Coach, Corporate Wellness Coach, Workshop Developer & Presenter

Alice Conradt—Personal Fitness Coach

- Personal Fitness Coach & Fitness Instructor



Discovery Coaching Systems LLC

262-818-3533

www.discoverycoachingsystems.com

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Life, Fitness,
Sports, Nutrition
and Corporate
Coaching

We motivate and inspire our clients to reach new levels of personal and professional excellence.

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COACHING SERVICES



LIFE WELLNESS COACHING

Life Wellness coaching is a powerful tool that combines self-reflection and guided action to assist people in transforming various aspects of their lives.

- ~ Personal One-on-One Coaching
- ~ Group Coaching



PERSONAL FITNESS COACHING

Personal Fitness coaching takes all aspects of an individual's life and their personal fitness goals into consideration to provide the best fitness program to meet the client's fitness needs.

- ~ Written Fitness Training Programs
- ~ E-coaching Programs
- ~ One-on-One Coaching
- ~ Fitness Assessment (with or without VO2 Max)

COACHING SERVICES cont...



SPORTS SPECIFIC COACHING

Sports Specific coaching will help you gain the competitive edge you are looking to obtain whether you are an amateur or an elite athlete.

- ~ Written Race/Sports Training Programs
- ~ E-coaching Programs
- ~ One-on-one Coaching
- ~ Fitness Assessment (with or without VO2 Max)



NUTRITION COACHING

Nutrition coaching is a tool to help each client gain knowledge and sort through all the confusing information. It is possible to lose weight, maintain weight and/or reach peak performance while still eating the foods you love without being unhealthy or harmful to your body.

- ~ Nutrition Analysis
- ~ E-coaching Programs
- ~ One-on-One Coaching
- ~ Grocery Shopping Education Trip

COACHING SERVICES cont...



CORPORATE WELLNESS COACHING

Discovery Coaching Systems LLC will work with your business or corporation to design, develop and present a healthy lifestyle initiative for your employees and staff. We will customize and tailor the healthy lifestyle initiative based on your company's culture, needs and specific goals.

- ~ Team Building Workshops
- ~ Healthy Lifestyle Presentation Series
- ~ Corporate Wellness Initiative Programs



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