

Trainer A & Member B

- 8 Trainer · Type 8 · The Challenger
- 9 Member · Type 9 · The Peacemaker

3
in sync

1
halfway

6
adjust

A strong pairing with real stretch. Most moments ask you to coach against your own habit — she needs calm, choice and a gentle way back.



WHERE YOU'LL CLICK

You both like a simple, steady plan. You don't over-explain, and she's happy to follow. A small, friendly group suits you both.

YOUR 3 ADJUSTMENTS THIS MONTH

1. Let her choose today's effort from 1 to 10.

2. Correct one point at a time, gently — start with what she did well.

3. If she misses a week, send a warm, no-blame message within 48 hours.