

WHAT CAN YOU EXPECT AT JILLIAN'S SHOW?

You've been inspired and motivated by Jillian Michaels before, but you've never seen her quite like this! In her latest speaking tour, Jillian is getting real with her fans in a straight-talking, visually-exciting multimedia show that will unlock the keys to your health, success, and happiness like only she can. Experience Jillian in her favorite format — LIVE, in-person, and connecting directly with her fans.

Make no mistake; this is no speech! Each show is a truly unique, interactive evening of audience sharing and inspiration that will help you unleash your potential so you can finally achieve your dreams. In her trademark, no-nonsense style, Jillian breaks down three key health aspects: self, science, and sweat. She'll cut to the chase and clear away the confusion, so you can finally conquer the challenges you face in each area. Then, she'll provide you with seven rules for maximizing your life IMMEDIATELY, so you can begin your transformation right away:

Lose weight and get in the best shape of your life: Learn what, when and how to eat so you maximise your metabolism and ignite your fat-burning potential. Comprehend the most cutting-edge fitness techniques to create dramatic transformation at an accelerated pace.

Live in your truth: Cultivate your passions and embrace your uniqueness to create a purpose-filled life — on your own terms.

Redefine your self-image and dramatically improve your confidence and self-worth: Believe in the FACT that you are entitled to and deserving of happiness. Eliminate negative self-talk, attack inhibitions, and unleash your potential.

Create a winning attitude: Gain awareness, overcome fear, utilize failures, work through worry, and erase shame to blast through obstacles.

Establish Support: Channel your communication skills to get what you want by setting boundaries and articulating your needs in ways that work for you.

Build will power: Gear your environment for success and engage in behavioral exercises that manage impulsivity, gain emotional control, squash destructive actions and coping mechanisms.

Maximise Productivity: Create a roadmap for success that systematically and strategically facilitates the achievement of your goals.