



## **Nunzio Esposito – Creator of UndergroundCoaching®**

### **An unusual discipline in the field of personal training**

Nunzio Esposito is also an unusual man. His career as a personal trainer began in 2000 when he began coaching athletes from various fields, with his main interests lying in football and boxing. Due to his unique and unfamiliar training methods, a growing demand arose from private clients wanting personal training.

His belief that building and strengthening the muscles could lay but a superficial claim to realising true strength was still new at that time, but the people with whom he worked often had other shortcomings. They had a fear of failure and could scarcely cope with the daily stress of work and family.

Body and soul are one unit – this is certainly nothing new. But becoming aware of one's own weaknesses, recognising the truth about oneself and accepting it requires much more courage than covering them up and acting. To see the truth about oneself and dealing with it in a conscious manner means changing the fundamentals of one's life.

This is easier said than done, because a change to familiar structures can easily lead to confusion and new uncertainty. "A successful entrepreneur invests up to 70 working hours per week in order to secure and increase his/her fortune. I like to think of the body as a business – how many hours are you willing to invest in this complicated piece of machinery? If our mindfulness and appreciation of the body could even approach the prominence we give in those respects to a car or a business, then a healthy and fulfilling life is possible."

The real merit and the success of his UndergroundCoaching® method is down to the person himself: Nunzio Esposito. His calmness and working concentration is transferred piece by piece to the people who come to him. He caters for the unique needs of each individual, conveying the ability to consciously come to terms with their own weaknesses, to find the strength to question ingrained habits, thought and behaviour patterns and to find new paths through them.

Taking responsibility and choosing our own successes, whilst at the same time re-activating our self-healing process and primal instincts is not easy: it requires willingness and willpower, patience, composure and concentration. It is an arduous climb to a summit that initially seems unattainable, but which one is able to approach step by step with the support of such an experienced and successful companion.