

Z-Health Performance Solutions, LLC

Master Practitioner Application
and Mastery Interview



Welcome!

We're looking forward to getting to know you and learning more about you.

Please give these questions some thought and reply by submitting your responses via email to MasterPractitioner@zhealth.net.

Thank you!

Dr. Eric Cobb, Michael Golden & the Z-Health Staff

Application Questions

1. Why do you want to be a part of the Z-Health Master Practitioner Program?
(Please give us as much information as possible.)
 2. How many hours per week do you spend utilizing Z-Health concepts and tools for your own health and performance? (Include study time, if any.)
 3. Approximately how many clients have you trained since beginning your Z-Health journey?
 4. How long have you been a part of the Z-Health community?
 5. Please include a current CV with your application being certain to include the following information:
 - A. Academic Degree(s), if any
 - B. Professional Licensure, if any
 - C. How many years of total training experience do you have?
 - D. What Z-Health courses have you completed to date?
-

Mastery Questions

1. What is Mastery and how would you explain its meaning?
2. In your opinion what is the fastest way to develop mastery of a subject matter or skill set? How do you plan to apply this approach as a part of the Master Practitioner Program?
3. How do you currently feel about your progress in mastering the critical knowledge and skill sets of the Z-Health curriculum? What areas do you feel are your strengths? Where are your weaknesses in application of the curriculum?
4. How have the Z-Health courses that you have completed enhanced your work with clients from both a pain relief and performance perspective?
5. Think about one of your greatest teachers and answer the following:
 - A. What are the qualities that made him/her a great teacher?
 - B. Have you integrated those qualities in your own teaching methodology?
6. How do you answer compare/contrast questions regarding Z-Health and other systems? ("How is Z-Health different from physical therapy, functional training, etc")
7. Please explain how the neural "lens" of the Z-Health curriculum has impacted your ability to analyze and utilize information and techniques from other training/therapeutic approaches.