



# 1:1 HEALTH COACHING PROGRAM

2024 / 2025

# 5 Pillars of Health & Wellness

## 01 Mindfulness

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Mindset coaching +meditative techniques through bringing present awareness to one's internal state & surroundings.

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## 02 Nutrition

Exploring the role nutrition plays in personal health & well being. Helping understand the importance of healthy eating/ healthy thinking/ healthier lifestyle choices, influencing the food we eat! Tackling the challenges facing contemporary food systems and the basic science of nutrition and healthy eating.

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## 03 Movement

Movement is a great way to bring the body to 'life', working each of the bodies systems sequentially. Helping to detoxify, keep bones and joints limber, stimulating the respiratory and circulatory systems, promoting fresh oxygenated blood flow throughout the body. Helping to still and calm the mind.

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## 04 Breathwork

One of the best & most effective ways to lower stress in the body! When we breathe deeply a message is sent to our brain that helps to re-wire the neural pathways, helping us to calm down and relax.

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## 05 Connection

Connection is essential throughout life, vital even, as it shapes our relationships with ourselves & others. Enhancing this 'self-connection' empowers us to understand our value and make healthier & longer-lasting authentic choices...From a mind, body, spirit perspective.

Embark on the transformative journey to optimal health with our dedicated 1:1 health coaching programs: tailored for both individuals and small groups (of up to 4). Our expert coaches collaborate with you to identify your unique wellness goals & challenges, developing personalised strategies that encompass all aspects of holistic health - integrating physical, mental & emotional wellbeing as well as spiritual.

Togther we'll create actionable & sustainable plans that empower you to thrive in every dimension of your life!

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"HEALTH IS THE STRENGTH  
OF YOUR BODY. WELLNESS  
IS THE EMPOWERMENT OF  
YOUR LIFE!"

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## WHAT DO MY 1:1 HEALTH PROGRAMS LOOK LIKE?

- Weekly/ Fortnightly/ Monthly health/ wellness consults
- Healthy Food Education
- Supermarket/ Market Tours
- Individually tailored weekly/ monthly meal plans
- Accountability Coaching
- Somatic Intelligence/ Movement
- Breathwork
- Guided Meditation
- Sound Healings
- Herbal Remedies
- Health Tonics & Elixirs
- Detoxing protocols
- Bloodwork referrals
- Intuitive Guidance
- Product Recommendations
- Access to my 30+ health practitioner partners

As we are all unique & beautifully individual with different genetic dispositions as well as diverse bio-chemistry, physiology and health goals, all of my health coaching programs are individually tailored to include any of the aforementioned offerings (highlighted on the previous page). Not all topic offerings are compulsory and are intentionally curated to suit each person.

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Looking forward to  
helping you  
discover your  
inner magic...

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Thank you!



"Your health is your greatest wealth."