

Take **control** of your health

Sign up for our FREE 1:1 and 6 week group
health coaching sessions



If you're struggling achieving your goals and are motivated to make a change, then health coaching could be for you!

Book through your GP practice for an appointment with one of our trained Health Coaches to help you achieve your goals

Move away from the diet mentally and create sustainable changes

Healthier You

Get the support you need from our experienced health coaches around all things behaviour change. Learn how to break unhealthy habits and make healthy habits stick, to create long-term changes to your health. With both 1:1 and group sessions available, expand your knowledge on nutrition, movement, and the relationship between food and mood

What to Expect

Healthcare staff will assess your eligibility for the service, and you'll be booked in for an initial consultation with a health coach

Initial consultation with Health Coach

- 30 minutes getting to know you
- Baseline assessments- BMI, waist circumference, mood, sleep quality, weekly minutes of activity, alcohol consumption, confidence levels
- Main goals and outcomes discussed
- After the initial discussion, clients will have the opportunity to choose their preferred 6-week group session or opt for continued personalized 1:1 support
- If the service is not suitable for you, you'll be directed to the service/ community group that best suits your needs

6- Week Group Session

- Weight Management Pathway or Wellbeing Pathway
- Groups of up to 15 participants
- Weekly educational sessions
- Work as a team with your health coach, focusing on your priorities
- Check ins via e-mail and calls
- Access provided for our online gym and online recipe book

GET STARTED and take the first steps to a healthier you by signing up at your GP today!

