

## REDEFINING YOU REMOTE COACHING

*Redefining You Coaching* is completely different from your typical rigid workout and meal plan that focuses entirely on how you look instead of how you feel. This comprehensive remote coaching program is for you if:

- You are tired of following restrictive food rules and diets and punishing yourself with exercise
- You want to try intuitive eating but are afraid that would mean “giving up” or “letting yourself go”
- You are just getting started on your intuitive eating/body acceptance/Health At Every Size journey and want guidance
- You are ready to take a leap of faith away from dieting and want support while you figure it all out

*Redefining You Coaching* is designed to give you a life preserver and help you figure out your exit strategy from the diet mentality. Leaving behind the chorus of “shoulds” and “have tos” and learning how to eat intuitively, move joyfully, and respect your body doesn’t come with an instruction manual. As a certified personal trainer and intuitive eating counselor, I will provide you with all the tools and support you need to make peace with food, exercise, and your body. At the end of our time together you’ll have your own unique and flexible wellness plan that will serve you through all stages of your redefined life.

### Includes:

- **Thorough initial health and wellness questionnaire** so I can tailor your plan to your individual wants and needs.
- **Intuitive eating coaching** to help you improve your relationship with food, bring satisfaction back to the eating experience, and give you a plan for leaving behind the diet mentality in favor of what works best for your body.
- **Support to improve your relationship with exercise** in whatever form that takes for you. Some people want written exercise programming, others need to dissect and reform their relationship with exercise completely, and others just need encouragement to get into the habit of moving their bodies in ways that feel good.

- **Mindset and body image coaching** which will help you learn to accept and respect the body you have right now while developing more self-confidence and self-compassion for yourself.
- **Two or three 45-minute coaching calls per month** to provide troubleshooting, encouragement, and support.
- **Access to my coaching software on both your computer and phone**, which includes a schedule of all coaching events and assignments, educational materials, and progress-tracking tools.
- **Unlimited email support.**
- **Automated monthly billing via Paypal** using subscription-style pricing that stays the same every month.

Pricing:

For three 45-minute coaching calls per billing cycle + unlimited email support:

- \$399/month
- Three-month minimum commitment

For two 45-minute coaching calls per billing cycle + unlimited email support:

- \$325/month
- Three-month minimum commitment

## REDEFINING YOU COACHING CALLS

If you're not ready to commit to long-term coaching but would still like the guidance of a professional, a one-time coaching call with me might be the right fit for you. On past calls I've provided guidance to clients on a variety of topics such as meal prepping, cross-training, making movement a habit, improving negative self-talk, setting boundaries with a friend or coach, running a weight-inclusive business, and more. These calls are available both for those who are looking to improve their relationships with exercise, food, and their bodies, and for other helping professionals who want to consult with me about their businesses.

### Pricing:

- One-hour coaching call with no additional commitment - \$159