

# The Lifestyle Coach

The Healthy Lifestyles Coaching Company



THE LIFESTYLE COACH PROVIDES PEOPLE WITH LIFESTYLE COACHING; TO HELP THEM REACH THEIR FITNESS, HEALTH AND LIFE GOALS. WE SPECIALIZE IN WEIGHT LOSS, HEALTHY EATING, EXERCISE AND STRESS MANAGEMENT FOR INDIVIDUALS AND GROUPS.

## **SERVICES OFFERED:**

YOUR LIFESTYLE COACH WILL OFFER YOU A LIFE CHANGING EXPERIENCE PROVIDING ALL THE SUPPORT AND INSPIRATION YOU NEED IN THE FOLLOWING AREAS:

### **FITNESS/HEALTH**

- EXERCISE MOTIVATION
- HEALTHY LIFESTYLE
- WEIGHT MANAGEMENT
- STRESS MANAGEMENT
- PHYSICAL FITNESS AND HEALTH
- NUTRITION & HEALTHY EATING
- HEALTH MANAGEMENT

### **LIFESTYLE**

- CAREER
- RELATIONSHIP
- WORK/LIFE BALANCE
- QUALITY OF LIFE

### **PERSONAL GROWTH & DEVELOPMENT**

- SELF DEVELOPMENT
- POSITIVE MENTAL ATTITUDE & CONFIDENCE
- GOAL SETTING & ACHIEVEMENT

*THE LIFESTYLE COACH HELPING YOU GET BACK TO SHAPE, MENTALLY AND PHYSICALLY.*

# FREE INTRODUCTORY COACHING SESSION

BECAUSE IT IS IMPORTANT THAT YOU FEEL COMFORTABLE WORKING WITH ME AS YOUR COACH, I'D LIKE TO OFFER YOU A **FREE, INTRODUCTORY COACHING SESSION**. DURING THIS SESSION, WE WILL DISCUSS YOUR GOALS, AND, MOST IMPORTANTLY, MAKE SURE THAT THIS IS A RELATIONSHIP THAT WILL WORK FOR YOU. I CAN BE CONTACTED AT:

[LARRY@THELIFESTYLECOACH.CO.UK](mailto:LARRY@THELIFESTYLECOACH.CO.UK)

TEL: 0845 6027996

MOB: 07500523398

SKYPE: THE\_LIFESTYLE\_COACH

WEB: [WWW.THELIFESTYLECOACH.CO.UK](http://WWW.THELIFESTYLECOACH.CO.UK)

I LOOK FORWARD TO SPEAKING WITH YOU SOON!

**HOW IS COACHING DELIVERED?**

**FACE-TO-FACE** - I WILL WORK ONE-ON-ONE WITH YOU IN AN ENVIRONMENT CONDUCIVE TO THE CONFIDENTIAL NATURE OF COACHING. USUALLY YOU WILL VISIT ME HOWEVER IN THE CORPORATE SECTOR I WILL VISIT THE WORKPLACE. WE MUST FEEL AT EASE AND COMFORTABLE. I WILL TAKE NOTES AND WILL HAVE ANY NECESSARY DOCUMENTATION TO HAND.

**OVER THE PHONE (INCLUDING SKYPE)** – I WILL ARRANGE FOR YOU TO RING AT A PRE-ARRANGED TIME. I WILL BE PREPARED TO TAKE THE CALL, WITH ANY PAPERWORK AND NOTES TO HAND AND BE SITUATED WHERE I WILL NOT BE DISTURBED. SIMILARLY, YOU MUST ALSO BE SITUATED COMFORTABLY WHERE YOU CAN GIVE THEIR UNDIVIDED ATTENTION TO THE COACHING SESSION. THESE CALLS ARE GENERALLY AT WEEKLY INTERVALS AND EACH ONE TYPICALLY LASTS AT LEAST HALF AN HOUR AND WILL NOT BE LONGER THAN ONE HOUR.

*WE CAN ALSO PROVIDE E-MAIL SUPPORT FOR BOTH SERVICES*

**HOW MANY SESSIONS ARE NEEDED?**

IT IS UNLIKELY THAT YOU WILL ACHIEVE SIGNIFICANT RESULTS IN FEWER THAN THREE SESSIONS (ALTHOUGH THE BENEFITS BEGIN AFTER THE VERY FIRST SESSION). IT IS UNUSUAL FOR A COACHING PROCESS TO LAST LONGER THAN THREE MONTHS.