

# The Lifestyle Coach

The Healthy Lifestyles Coaching Company



*IF YOU ARE ONLY GOING TO INVEST IN ONE THING, MAKE THAT ONE THING YOURSELF, BECAUSE YOU ARE YOUR OWN MOST VALUABLE RESOURCE*

## LIFESTYLE COACHING FEES & PACKAGES

### *INDIVIDUAL COACHING SESSIONS*

THE FEES FOR INDIVIDUAL SESSIONS VARY ACCORDING TO THE DELIVERY METHOD. THEY CAN BE BOOKED INDIVIDUALLY OR IN COST-EFFECTIVE BUNDLES OF 3, 6 OR 10 SESSIONS, AS FOLLOWS:

SESSION TYPE	SESSION FEE	BUNDLE DISCOUNT	DISCOUNT PRICE
1 HOUR SESSION	£40	-	-
3 SESSIONS BOOKED IN ADVANCE	£120	10%	£108
6 SESSIONS BOOKED IN ADVANCE	£240	15%	£204
10 SESSIONS BOOKED IN ADVANCE	£400	20%	£320

PRICES START FROM £40.00 PER SINGLE SESSION ON PAY AS YOU GO BASIS  
SESSION INTERVALS USUALLY WEEKLY OR FORTNIGHTLY

PAYMENT TERMS: CHEQUE - BAC'S – PAYPAL - IN ADVANCE

### *SESSION LENGTH*

EACH SESSION IS FOR 60 MINUTES, AND THE FEE INCLUDES ALL PREPARATION AND FOLLOW-UP WORK (NORMALLY ABOUT AN EXTRA HOUR OF WORK FOR THE COACH). IT ALSO INCLUDES OCCASIONAL CONTACT DURING THE WEEK BY TEXT, E-MAIL OR PHONE TO KEEP THE MOMENTUM GOING IF REQUIRED.

### *ON-GOING E-MAIL SUPPORT*

ALONGSIDE INDIVIDUAL SESSIONS BOOKED IN ADVANCE, ON-GOING E-MAIL SUPPORT IS AVAILABLE FOR NO EXTRA FEE. UNLIMITED EMAIL SUPPORT BETWEEN THESE SESSIONS IS TO ANSWER QUESTIONS AND DEAL WITH IMMEDIATE CONCERNS.

### *ON-GOING TEXT SUPPORT*

ALONGSIDE INDIVIDUAL SESSIONS BOOKED IN ADVANCE, ON-GOING TEXT MESSAGING SUPPORT IS AVAILABLE FOR NO EXTRA FEE. UNLIMITED TEXT MESSAGING SUPPORT BETWEEN THESE SESSIONS IS TO ANSWER QUESTIONS AND DEAL WITH IMMEDIATE CONCERNS

## **REVIEW - INDIVIDUAL COACHING SESSIONS**

REVIEW/CHECK-IN SESSIONS TO HELP KEEP YOU FOCUSED ON YOUR GOALS AND ACTION PLANS. - (ONLY AVAILABLE AFTER COMPLETION OF A 3/6/10 SESSION PACKAGE)

SESSION TYPE	SESSION FEE
45 MINS SESSION	£25

## **WORKSHOPS**

ON A REGULAR BASIS, GROUP WORKSHOPS ARE ORGANISED FOR 8-10 PEOPLE AT OUR SHILDON BASE.

THE FEE PER PERSON PER SESSION IS £25. NO CANCELLATION FEE IS LEVIED IF YOU CANCEL 48 HOURS BEFORE THE SESSION. A 50% CANCELLATION FEE APPLIES IF YOU CANCEL WITHIN 48 HOURS. A 100% FEE APPLIES FOR NO-SHOWS.

SESSION TYPE	FACE TO FACE	DESCRIPTION
HEALTHY LIFESTYLE LIVING	£50	5 HOURS ENJOY A HEALTHIER LIFESTYLE BY EATING SMART AND BEING ACTIVE. ULTIMATELY, THIS WILL LEAD TO ACHIEVING AND MAINTAINING A HEALTHY WEIGHT. THIS WORKSHOP WILL ALSO SUGGEST SOME WAYS YOU CAN ADD MORE ENERGY TO YOUR DAY AND FEEL GREAT, INSIDE AND OUT!
STRESS MANAGEMENT & RELAXATION	£50	5 HOURS WITH EFFECTIVE STRESS MANAGEMENT AND RELAXATION ACTIVITIES, YOU'LL FIND THAT YOUR LIFE GETS EASIER, YOU CAN SOLVE PROBLEMS BETTER, IT'S MORE FUN AND ENJOYABLE AND YOU WILL SAY "LIFE IS GOOD!" A LOT MORE OFTEN. A LESS STRESSFUL, MORE ENJOYABLE LIFE IS SOMETHING YOU CAN PERSONALLY DO A LOT TO ACHIEVE. IT IS YOUR LIFE AFTER ALL... GO FOR IT!
ZEST UP YOUR LIFE - GOAL SETTING FOR SUCCESS	£50	5 HOURS THIS WORKSHOP IS FOCUSED SPECIFICALLY ON DESIGNING POWERFUL GOALS AND BREAKING GOALS DOWN INTO MANAGEABLE BITE-SIZED CHUNKS. EACH PARTICIPANT WILL COME AWAY WITH 3 INSPIRING GOALS AND A PLAN OF ATTACK TO GET THERE.

DON'T MISS THE OPPORTUNITY TO LEARN HOW TO BUILD YOUR LIFE FROM THE INSIDE OUT WITH LARRY, LIVE AND IN PERSON! THESE WORKSHOPS ARE A FUN AND INFORMATIVE FORUM FOR THE DISCUSSION OF BETTER LIVING. THE PRESENTATION IS AN INTERACTIVE APPROACH, TO FACILITATE ACTIVE LEARNING AND INDIVIDUAL EMPOWERMENT. THIS ALLOWS YOU TO PARTICIPATE IN DISCUSSION AND INTERACT WITH OTHERS THROUGH VARIOUS EXERCISES AND BRAINSTORMING. YOU ALSO RECEIVE VALUABLE GIVEAWAYS TO FURTHER YOUR KNOWLEDGE AFTER THE WORKSHOPS.

THE LIFESTYLE COACH IS AVAILABLE TO PRESENT WORKSHOPS TO YOUR ORGANISATION OR GROUP.

## PROGRAMMES

SESSION TYPE	FACE TO FACE	DESCRIPTION
LIFESTYLE CHANGES FOR INCREASED ENERGY, VITALITY & HEALTH	£75	<p>A ONE-TIME-ONLY IN-PERSON 2-1/2-HOUR SESSION WHICH REVIEWS YOUR HEALTH HISTORY, EATING, EXERCISE, AND STRESS MANAGEMENT HABITS TO OVERVIEW WHAT CHANGES WOULD BE BENEFICIAL. THIS PROGRAM IS MORE ON A CONSULTATION BASIS, DIRECTIVE IN APPROACH. IT IS A 'JUMPSTART' PROGRAM TO LEARN MORE IN-DEPTH ABOUT YOUR OWN LIFESTYLE NEEDS AND HOW TO CREATE YOUR OWN HEALTH. THIS PROGRAMME IS A STAND-ALONE, AND IS NOT ANY PREREQUISITE FOR ANY OTHER PROGRAMME.</p> <p>ARE YOU READY TO TAKE STEPS TOWARD BUILDING A HEALTHY LIFESTYLE FOR YOUR CHILDREN, SPOUSE, PARENTS, OR YOURSELF? MANY PEOPLE KNOW WHAT THEY SHOULD DO, WHAT THEY WANT TO DO, BUT ARE NOT SURE HOW TO GET THERE. IF THIS DESCRIBES YOU, YOU ARE IN THE RIGHT PLACE.</p> <p>THIS LIFESTYLE PACKAGE IS COACHING YOU TO MEET YOUR PERSONAL GOALS. WITHIN THE FRAMEWORK OF HEALTHFUL LIVING—A BALANCE OF NUTRITION, EXERCISE, EMOTIONAL HEALTH, INTELLECTUAL HEALTH, AND SPIRITUAL HEALTH WE PROVIDE THE TOOLS AND STRATEGIES THAT WILL WORK BEST FOR YOU.</p> <p>COACHING ADDRESSES THE WHOLE PERSON, NOT JUST CARDIOVASCULAR, STRENGTH OR FLEXIBILITY TRAINING. COACHING DIGS UNDER THE SURFACE OF WORKOUT AND NUTRITION PLANS TO DISCOVER WHY A CLIENT IS UNHEALTHY, WHAT BEHAVIOURS LED TO THE PROBLEM, WHAT OBSTACLES ARE IN THE WAY IN DAILY LIFE AND HOW THE CLIENT CAN MAKE LASTING BEHAVIOUR CHANGE.</p> <p>WITH MY BACKGROUND IN FITNESS AND NUTRITION AND PERSONAL EXPERIENCE WITH WEIGHT CHALLENGES AND RECOVERING FROM MAJOR INJURIES, I FEEL I AM VERY WELL EQUIPPED TO HELP MY CLIENTS REACH THEIR WEIGHT LOSS GOALS AND ESTABLISH A LIFESTYLE TO MAINTAIN THEIR WEIGHT LOSS.</p>
BODY FIT (OVER 6 WEEKS, 6 ONE HOUR SESSIONS WEEKLY)	£199	<p>A FITNESS AND WEIGHT LOSS 6 WEEK COACHING PLAN, YOU'LL NOT ONLY GET WEEKLY 1-2-1 FACE TO FACE HOURLY SESSION WITH YOUR COACH, BUT WILL ALSO GET NUTRITION ADVICE, DIET PROGRAMME, A DETAILED WORKOUT PLAN, AND UNLIMITED E-MAIL SUPPORT TO HELP YOU AS YOU LOSE WEIGHT, INCREASE YOUR FITNESS LEVEL AND STRENGTH, AND IMPROVE YOUR HEALTH, LIFESTYLE AND SELF CONFIDENCE</p> <p>IF YOU ARE SERIOUS ABOUT EXPERIENCING A TRULY SUCCESSFUL TRANSFORMATION THAT WILL ALLOW YOU TO PERMANENTLY RELEASE FAT, GAIN MUSCLE, AND LIVE HEALTHY AND CONFIDENTLY ONCE AND FOR ALL, BODY FIT PROGRAMME IS THE RIGHT STEP FOR YOU!</p> <p>THIS PROGRAMME FOCUSES ON MORE THAN YOUR WORKOUT AND NUTRITION. IT WILL HELP YOU TO IMPROVE YOUR ENTIRE LIFESTYLE THROUGH FOCUS AND PERSONAL DEVELOPMENT GOAL SETTING AND GOAL GETTING.</p> <p>DO YOU BELIEVE YOU CAN BE IN A NEW AND IMPROVED BODY IN 6 WEEKS? WELL YOU CAN! YOUR BELIEFS COMBINED WITH THE RIGHT FORMULA CAN PUT YOU IN A SIZE SMALLER PAIR OF JEANS IN 42 DAYS. I WILL GIVE YOU A WORKOUT PROGRAMME TO DO AT HOME, A DIET PLAN EASY TO FOLLOW, AND TEACH YOU THE POSITIVE EXERCISE HABITS THAT WILL NOT ONLY BRING YOU POSITIVE RESULTS, BUT NEW HEALTHFUL HABITS TO SLOW THE AGING PROCESS, BOOST YOUR ENERGY, CLEAR YOUR SKIN AND IMPROVE YOUR BLOOD CHEMISTRIES – TO NAME A FEW!. BEING MENTALLY PREPARED TO START A FITNESS AND WEIGHT LOSS PROGRAM IS THE MOST IMPORTANT STEP IN YOUR SUCCESS. ONCE YOU HAVE THE MIND SET, THE MUSCLE, MEALS AND MOTION WILL COME MUCH EASIER. WE WILL BE WITH YOU THROUGHOUT THE 6 WEEKS.</p>

<p><b>GOAL SMARTS</b> (OVER 3 MONTHS, 6 ONE HOUR SESSION BI- WEEKLY)</p>	<p>£199</p>	<p>THROUGH GOAL-SETTING AND BI-WEEKLY FACE TO FACE COACHING SESSIONS, YOU ARE ENCOURAGED, GUIDED, AND UPLIFTED TO MEET, EXCEED, AND EVOLVE THE GOALS.</p> <p>SET UP YOUR LIFE POWERFULLY BY SPENDING TIME ON GOAL SETTING SESSIONS TO GET CLEAR ON YOUR DREAMS, 'MAP-OUT' YOUR GOALS AND FOCUS ON THE DIRECTION FOR YOUR LIFE. TAKE THE TIME FOR YOU - TO REVIEW YOUR LIFE, RE-EVALUATE WHAT YOU ARE DOING AND WHERE YOU WANT TO GO. TO ENSURE YOU ARE ON TRACK FOR WHAT YOU MOST WANT. THEN TO MOVE FORWARD AND TAKE ACTION MOVING YOU IN THE DIRECTION OF YOUR GOALS.</p> <p><b>OUTCOMES</b></p> <p><b>BY THE END OF THE COURSE YOU WILL</b></p> <ul style="list-style-type: none"> <li>• HAVE CLARITY, FOCUS, DIRECTION AND TANGIBLE TOOLS TO USE TO CREATE A LIFE YOU LOVE</li> <li>• BE CLEAR ON A FUTURE DIRECTION FOR YOUR LIFE</li> <li>• HAVE GIVEN YOURSELF TIME TO RELAX AND PLAY</li> <li>• HAVE MADE A DREAM COLLAGE TO TAKE HOME TO REMIND YOU OF WHAT YOU WANT</li> <li>• HAVE GIVEN YOURSELF TIME FOR YOU</li> <li>• YOU WILL HAVE A BIG GOAL TO INSPIRE YOU</li> <li>• FIND A RENEWED ZEST AND ENERGY FOR LIFE</li> <li>• HAVE PRACTICAL TOOLS TO USE IN YOUR DAY-TO-DAY LIFE TO TURN YOUR DREAMS INTO REALITY</li> </ul>
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ALL CHEQUES MADE PAYABLE TO LAURENCE LEWIS, IN ADVANCE OF EACH SESSION OR GROUP OF SESSIONS.

I OFFER A SUBSTANTIALLY REDUCED RATE FOR FULL TIME STUDENTS AND THOSE IN RECEIPT OF BENEFITS; I WANT EVERYONE TO BE ABLE TO EXPERIENCE COACHING, REGARDLESS OF THEIR INCOME.