

# Women's Health Hub

Natural support for health & wellbeing

## Health Coaching Packages and Prices - 2024

### 1) Short Health Reset

*A bespoke health consultation, focusing on you and your well-being. We discuss any health concerns and look at your current lifestyle including stress, diet, exercise, energy levels and more. A personalised health plan is then created with manageable steps to reach your goals and a follow-up discussion. You will also receive materials to support you.*

#### **Includes:**

- Initial 2-hour consultation (in person or on Google Meet). We will look at your medical history and go into your health, lifestyle and what is currently going on for you that is impacting you and look at any barriers that may be preventing you moving forward. This will also include a wellbeing tool that explores what your priorities are at the moment, to see what will help you the most.
- I will then look further into what we have discussed and put together recommendations and a plan for you to take away and start to implement.
- A 60-minute telephone call to go through and discuss with yourself the recommendations and personalised health plan.
- Helpsheets, stress management tools, recipes, and other information that can motivate and inspire you depending on what you require support with currently.

#### **Cost Total:**

£200 - Online or in person in Shillington (village near Hitchin)

£240 - In person at:

- Wyndham Centre, Baldock
- Leaf Health, Bancroft Road, Hitchin
- Stevenage Chiropractic Clinic, High Street, Old Stevenage
- Happy Body Project, Haynes, Bedfordshire

**Deposit:** £100

**2) Balance Programme - 6 weeks** (can also be done over a longer period of time, depending on what suits you best and what is going on for you).

*A bespoke health consultation, focusing on you and your well-being with more personalised support. We discuss any health concerns and look at your current lifestyle including stress, nutrition, exercise, sleep, energy levels and more. A health plan is then created which includes manageable steps to reach your goals and a follow-up discussion. You will also receive materials to support you. This also includes 3 further 1- hour sessions in person or on Google Meet, e-mail support and telephone calls to help support you and make any changes as you go along. This includes more personalised support.*

**Includes:**

- Initial 2-hour consultation (in person or on Google Meet). We will look at your medical history and go into your health, lifestyle including diet, movement, energy levels, stress and more in detail. I will find out exactly what is going on for you currently. This will also include a wellbeing tool that explores what the priorities are at the moment to see what will help you the most.
- A 30 minute telephone call to discuss recommendations that work for you and fit into your life. Key goals that you will be working towards over the sessions.
- A personalised health plan with manageable steps for you to take forward. These could be diet, exercise, stress management, sleep,
- Updated health plan as we go along.
- Helpsheets, stress management tools, recipes, and other information that motivates and inspires you, depending on what you need support with.
- 3 x 1- hour sessions in person or Google Meet to discuss changes you have made and reassessing next steps.
- 1 x 60 minute telephone support in-between sessions
- E-mail support in between sessions.
- Summary at the end of our sessions and suggestions for the future.

**Cost Total:**

£425 - Online or in person in Shillington (village near Hitchin)

£520 - In person at:

- Wyndham Centre, Baldock
- Leaf Health, Bancroft Road, Hitchin

- Stevenage Chiropractic Clinic, High Street, Old Stevenage
- Happy Body Project, Haynes, Bedfordshire

**Deposit:** £100, you can pay the rest in 4 installments

**3) Stress-Free and Calm Programme - 12 weeks** (can also be done over a longer period of time depending on what is going on for you and what suits you best).

*Feeling overwhelmed and out of sorts? Do you find it hard to make decisions and move forward? Have you got no energy?*

*This programme has been designed for you to manage your stress, to help you to get back to 'yourself'. Whether you are juggling too many balls, work has become too much, or other issues are impacting your sense of self, we will work together in a way that empowers you. I will work with you over 12 weeks (or longer) to help support you to make small changes that can have a big impact on your health and sense of self. We will examine key areas of your life, and use tools to explore how you can take steps to turn things around.*

*We will look at your diet, movement, breathing, sleep patterns, energy, stress levels, work patterns, and more. By the end of our sessions, you will feel more relaxed, and happier, with an increase in energy and motivation. You will also have the tools to empower yourself moving forward.*

**Duration:** 12-weeks

**Includes:**

- Initial 2-hour consultation (in person or Google Meet). We will look at your medical history and go into your health, lifestyle including energy levels, sleep, movement, diet and areas that are causing you stress, in more detail. I will find out exactly what is going on for you currently. This will also include a wellbeing tool that explores what your priorities are at the moment, to see what will help you the most.
- A 30 minute telephone call to discuss recommendations that work for you and fit into your life including a personalised health plan. Helpsheets, stress management tools, food ideas, recipes, and other information that motivates and inspires you.
- 5 x 60-minute coaching sessions in person or on Google Meet, every other week. As you start to make small changes your priorities will change. We will explore how you are feeling each week (or other week) and what may need changing/adding to. You will get an updated health plan as you go along.
- 5 x 45-minute telephone call every other week (weeks we aren't meeting in person or online) to check in and for accountability. This can be changed and there is flexibility due to other commitments and what suits you best.

- Updated plan and ongoing relevant helpsheets and information. You will learn tools that will serve you not only for now but be able to take forward to after our sessions end.
- Tracking of how you are getting on and progressing. Check ins that suit you and your life.
- Summary for what you have achieved and key suggestions for you to implement for the future.

**Cost total:**

£850 - Online or in-person in Shillington

£945 - In person at:

- Wyndham Centre, Baldock
- Leaf Health, Bancroft Road, Hitchin
- Stevenage Chiropractic Clinic, High Street, Old Stevenage
- Happy Body Project, Haynes, Bedfordshire

**Deposit:** £100, you can pay the rest in 8 installments

\* Optional: There is an optional extra of having your hormones and cortisol levels plus organic acids (Vitamins B6 and B12, and gut health marker and other metabolites tested). This is tested via Future Woman (A hormonal testing company), with 10% off if you book through me.