

Preventive Nutrition & Lifestyle Coaching

1 month, 4 personal sessions 300 USD

Promotion Price: 210 USD for bookings made until the 31st of July 2018

(Sessions are arranged in advance, can be moved within the same week, otherwise they will expire)

1. 4 online coaching calls a 45min
2. Daily lifestyle diary feedback
3. E-mail follow up
4. Personalized SMARTer goal setting and action plan
5. Insurance deductible invoice (depending on your insurance)
6. Access to ongoing online consulting

Evaluation Session 1:

1. Self-assessment.
2. Where are you now, where would you like to be?
3. Discuss the first steps to reach your goal,
4. Set up time and day of regular weekly meetings

Session 2 & 3:

- ✓ Reflection & Feedback
- ✓ Education block
- ✓ Set goal and action plan for next week

Session 4:

- ✓ Reflection & Feedback
- ✓ Education block
- ✓ Introduce further steps on how to continue the newly adapted habits to
Make healthy living a lifetime habit
- ✓ Set up a follow up date in 1 month time to see if you are still on track
- ✓ Self-assessment

Why we know what we are talking about:

Education/Diplomas/Certifications and 15 years of experience:

- MSc in Positive Psychology and Coaching, University of East London (in progress)
- Positive Psychology and Resilience, University of Pennsylvania
- Behavior Economics, University Toronto
- The Science of Stress Management and promoting Wellbeing, University of Washington
- Nutrition for Health Promotion and Disease Prevention, University of California

- Nutrition, Health and Lifestyle Issues, Stanford University
- Diabetes Prevention, University of California
- Preventing Chronic Pain, University of Minnesota,
- Child Nutrition and Cooking, Stanford University
- Nutrition & Fitness Coach SAFS, Switzerland
- Work, Health, and Well-being: Frameworks, Evidence, and Applications, Harvard T.H.Chan
- Improving Your Business Through a Culture of Health, Harvard T.H.Chan
- Certified Corporate Wellness Specialist, CHWA
- Thai Traditional Medicine Therapist, Wat Po Chetawan, Bangkok