

Eat* Love* Live Well*

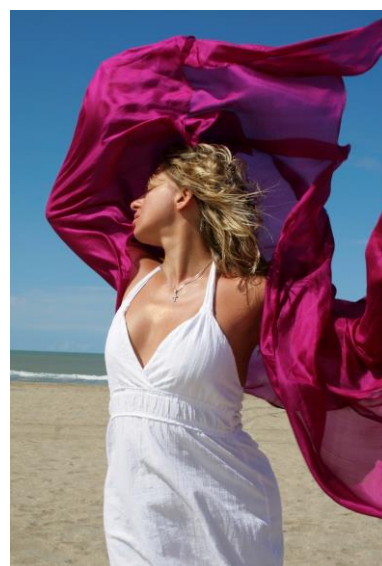
Our personal wellness coaching program builds upon a foundation of nutrition education and unfolds into a journey of self-discovery and self-mastery. It is a roadmap home...back to *Self*.



www.EatLoveLiveWell.com

<u>Level 1</u>	<u>Level 2</u>
Re-building Your Relationship with Food	Eat-To-Live
<ul style="list-style-type: none"> • 12-Week Coaching Program • 1-on-1 Assessments. Group Coaching 	<ul style="list-style-type: none"> • 12-Week Coaching Program • Prerequisite: Level 1 Coaching
Enroll in Both: 6 Month Coaching Program - Additional Savings	

- ✓ Have a biometric profile to help you benchmark and measure your progress towards a healthier body
- ✓ Master the art of reading and interpreting food labels, one of the most powerful skills you can have to successfully lead a healthy lifestyle
- ✓ Discover the connection between your food choices and your emotions
- ✓ Learn tools and techniques for managing stress and becoming more resilient
- ✓ Learn practical tips for better sleep
- ✓ Discover your energy body and tips for managing your energy circuits
- ✓ Uncover your legacy gifts, the key to discovering and following your life's purpose



*"Imaging a woman
in love with herself"*

12-Week Coaching Program

Typical Schedule*



EAT*

LOVE*

LIVE WELL*

Personal Wellness Coaching

A Journey of Nutrition
Education, Self-Discovery
and Self-Mastery

PROGRAM COMPONENTS	Weeks											
DISCOVERY	1	2	3	4	5	6	7	8	9	10	11	12
Wellness Profile/Biometric Indicators	★											
Eating Habits	★											
Health & Lifestyle Assessment	★											
Establishing a Relationship of Trust		★										
Legacy Assessment										●		
Values and Goals											★	
Wellness Wheel										●		
Exit Interview												★
HEALTH, WELLNESS AND NUTRITION EDUCATION												
Eat * Love * Live Well Masterclass Series												
Four (4) - 60 minute webinars												
Micro Learning Classes												
15-20 minute modules, 2-3 modules per week												
IMPLEMENTATION: 6-Week Challenge												
Success Guide												
Daily Motivational Emails and Group Engagement												
Weekly Meal Plans												
Dietitian Approved Recipes												
Grocery Lists												
COACHING AND ACCOUNTABILITY												
Weekly Accountability Reporting												
Weekly Group Coaching Calls												
BONUSES												
Your Own Wellness Portal												
Masterclass: Financial Freedom and the Soul of Money												

★ One-on-One Sessions ● Group Exercises

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*Schedule Subject to Change
- Over -