



My Health & Wellbeing Coaching Programme Options Description.

Each Coaching Programme Option type has a specific fee (Discussed during our Discovery Call chat). I encourage you to view any programme you choose as a worthwhile investment in you achieving greater health, wellbeing and life satisfaction to enjoy.

Coaching Programme Options (1, 2 and 3) are over a Three month period with a total of (12 Weekly Coaching Sessions). The In-Person Face to Face coaching sessions are delivered at an agreed venue.

All my 3 month coaching programmes cater for between 1 and 8 Wellbeing component goal areas such as- (*Food Choices/Physical Activity/Weight/Stress/Sleep/Health Issues/Life Balance and Life Satisfaction*).

Option 1. ([Online Video Coaching](#)) Sessions programme.

Option 2. [In-Person](#) (Face to Face) Coaching Sessions Programme

Option 3. (Online & In-Person) combined Coaching Programme; (**First & Last** coaching sessions are In-Person). Ten sessions are Online Video Coaching.

- In-Person coaching programmes allow for general health observations such as recording of your (Blood Pressure/Weight/Waist & Hip Measurements and a Body Mass Score-BMI, if these are relevant to your health and wellbeing goals? These recordings can prove helpful to compare with your goal outcomes at the end of your coaching programme.

Third Level Students Only!

A (Six Week Online Coaching Programme) **Student Discount** Fee €90.

(Suitable for between 1 and 4 well-being goal areas)

Fee must be paid in Full before starting the coaching programme.