



## **My Health & Wellness Coaching Package Type Description.**

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

### **All Coaching Packages Provide -**

1. Weekly Coaching Sessions (Online or In-Person)
2. Access to my **Practice Better** Online Coaching Platform.
3. Check-in E-mail and Messaging Supports between our scheduled Coaching Sessions.

Coaching Package Options (1, 2 and 3) are delivered 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*).

### **My Three Coaching Package Type Options; (3 Month- 12 Weekly Coaching Sessions)**

**Option 1. (Online Coaching)** Sessions via (**Practice Better**)

**Option 2. In-Person** (Face to Face) Coaching Sessions

**Option 3. Combined** (Online & In-Person) Coaching Package; (The **First & Last** coaching sessions are **In-Person**). The other Ten sessions are via (**Online Coaching-Practice Better**)

- **In-Person Coaching Package** allows 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 Student Package** A (Six Week **Online Coaching** Package) **Student Discount** Fee €90. \*Fee must be paid in Full before starting the coaching package\*(Suitable for between 1 and 4 Well-Being Goal Areas).