



1:1 Coaching

With Jennette

KILGROWNUTRITION.COM

HEY FRIEND!



Thanks for checking out my business! I'm thrilled that you saw something in me and my messaging that connected us.

My journey as a Registered Dietitian includes my own strained relationship with food. So I know the vulnerability in reaching out for help, especially when you're supposed to be the expert.

In fact, I have devoted my business to helping those who feel out of integrity between the messages they give their clients and the way they stress eat icecream for dinner.

I'm a mom of 4, a piano playing, puzzle loving, entrepreneur just trying to make a difference in the lives of the people I love most: smarty pants nutrition professionals.

I designed this guide to be a one stop shop to learn more about me and my business so you have have a clear vision of what I'm about and how I can help.

I'm delighted you're here!

BY THE WAY, I AM TOTALLY INVESTED IN YOU

I've spent \$12,000+ (outside of formal schooling) on amazing coaches, mentors, and programs, to be sure that I have the best tools and personal clarity to be able to help you on your path.

Mentors and programs I've invested in:

Lindsay Melony- Stand Out Coaching Academy

Brigham Young University- Neuroscience program

Behavioral Neuroscience

Cellular Neuroscience

Stress Psychobiology

Neuroanatomy

Psychological Science

Neurobiology

Unyte- Safe and Sound Protocol training and certification

Irene Pace- Greet the Pull Method

Jody Moore- Business Minded (12 month program)

American Council on Exercise- Certified Personal Trainer certification

Jordan Snow, Personal Trainer- Key Nutrition

Tony Stephen RD- Dietitian Nutrition Coach Certification

APPLY NOW

CHERISHED THANK YOU NOTES

Suzanne



I was attracted to work with you because of your upbeat empathy. I knew you understood what I was going through because you had gone through it too.

Our work together has been full of delights, discoveries and a few difficulties.

I have befriended my brain and my body. With curiosity I am forging a new relationship based on trust, love, and respect.

The drama and angst around food and eating has dissipated. I have much more room in my life for joy, peace, and discovery.

Eva

I've felt more free to make my own rules about food. Rules that work for me instead of against me.

I love the deep research expertise. I love that I'm constantly learning from you even though I already have a pretty deep knowledge of my own.

Many of my thinking patterns are forever changed. It has made it more possible to be both healthy and happy in my relationship with food.



Missy

I've become more mindful of my own fullness and times that I may be triggered to overeat.

I'm happy to have more tools in my toolbox. You have a super way of getting your clients to think and make connections!

Thank you!



READY TO DROP THAT FOOD DRAMA FOR GOOD?

I have 3 packages for you to choose from

Consultation

Investment: \$300

Coaching

Investment: \$900

Comprehensive

Investment: \$1800

Consultation Package

Your Investment: \$300

- **4 30-min 1:1 sessions:**
 - You will receive 4 30-minute sessions to use over 1-2 months according to your preference. Each session is completely tailored to your goals and needs. I will provide any appropriate homework between sessions, so you are never left wondering what to do next.
- **Access to all resources we discuss:**
 - I will provide you with any video trainings, worksheets, or downloads that I feel you need during our time together.
- **Perfect if you would like to run a few things past someone who gets it but don't need ongoing support.**

Coaching Package

Your Investment: \$900

- **12 45-min 1:1 sessions:**

- You will receive 12 45-minute sessions to use over 3-6 months according to your preference.
- This is a 1:1 walk-through of my Food Relationship Lab program.
- Each session is completely tailored to your goals and needs as we apply the tools to your real life and personal struggles.
- I will provide any appropriate homework between sessions, so you are never left wondering what to do next.

- **Access to all resources:**

- I will provide you with ALL video trainings, worksheets, and downloads that are part of the program.

- **Ideal for anyone who is overwhelmed with where to start or ready to go and doesn't want to waste any time figuring things out on their own.**

Comprehensive Package

Your Investment: \$1800

- **16 45-min 1:1 sessions:**
 - You will receive 16 45-minute sessions to use over 4-6 months according to your preference.
 - This is a 1:1 walk-through of my Food Relationship Lab program.
 - Each session is completely tailored to your goals and needs as we apply the tools to your real life and personal struggles.
 - I will provide any appropriate homework between sessions, so you are never left wondering what to do next.
- **Access to all resources:**
 - I will provide you with ALL video trainings, worksheets, and downloads that are part of the program.
- **Private voice message and texting access:**
 - You will have access to me via Signal Messenger throughout the program. You'll never have to wait for our next session to get help!
- **Designed for anyone who knows they do best with accountability and check ins between sessions to really make the changes stick!**

READY TO DROP THAT FOOD DRAMA FOR GOOD?

Side by side comparison

Consultation

4 30-min 1:1 sessions
\$300 investment

Coaching

12 45-min 1:1 sessions
\$900 investment

Comprehensive

16 45-min 1:1 sessions
Between session voice/text support
\$1800 investment

LET'S WORK TOGETHER!

ENJOY SOME FUN FACTS ABOUT ME!

I play the piano, organ, and flute

I sleep in my clothes- often

My favorite exercise is yoga

I like to push myself to understand issues from all sides

I love to read dystopian science fiction

I wanted to be a dentist when I grew up

I love anything chewy- Candy, pastries

I am a pretend extrovert that would really rather hide with a good book

I used to run a large private music studio teaching piano

I hate meal planning

I am the oldest of 5 children- can you tell?

I have taught nutrition courses at a local university since 2009

When I graduated with my bachelors in dietetics I swore I'd never go back to school ...

I went back to school at the age of 40 for my masters degree

I have 4 pretty awesome sons

I am legal guardian to 2 handicapped adult cousins

I think best when I can talk it out

My dream travel destination is a hot air balloon ride in Switzerland

I love green mountains more than almost anything

My ideal day includes jigsaw puzzles for sure

I am deeply interested in the biological mechanisms of everything

What it's like to work with me...



- You will book your sessions in “Healthie” and it is through this platform (either on a desktop or the app) that we will meet for video call sessions.
 - Each session is designed around what you would like to focus on. I have a whole toolbox of tools to bring into the sessions, but want to introduce them in an order that makes sense to what you are currently needing.
- If you selected the Comprehensive Package you will have access to me via Signal Messenger for between session support and check ins.
- I am a big believer that the answers you are seeking lie within you. So I will push you to experiment and find what works for you and what keeps you consistently doing it. But don't worry- I have specific tools for that! You are not alone!

APPLY NOW