

Bio. Nurture

Intro

Are you struggling with motivation or overwhelmed by what seems like an insurmountable task? Most people know what is needed to lead a healthier life, but when trying to implement change in a busy schedule, they may struggle to stay on track or make sustainable progress.

Our Functional Medicine Certified Health Coach can support you to unlock and transform the foundations of your Physical, Mental, Emotional & Spiritual health and give you the tools to sustain behaviour and lifestyle changes.

£360





Do you...

- Feel overwhelmed
- Don't know where to start
- Struggle to stay motivated
- Are confused by all the advice
- Need support staying on track
- Lack the energy to implement change

Most of us have an idea of what we feel our health should look like and what may help us to achieve it. But many of us don't know what's truly possible.

You are unique and by exploring all influencers of your health & wellbeing we reveal root causes (body & mind) driving your personal health & wellness. We gently peel back the layers to understand you as a 'whole' so that you can move forward towards your health & life goals with ease & joy

We believe in empowering you to make sustainable choices that will have a lasting impact on your well-being.

Let's embark on this transformative journey together!

Included

Pre-Appointment



Review of intake health questionnaires to help us understand your needs and goals.

Appointments



- 1 hr initial appointment with our certified health coach to discuss your health goals, any barriers to health, and to identify simple steps to help you overcome these
- 2 x 45 follow up appointments to assess progress, discuss challenges and successes and review health goals.

Support



Continuous support and motivation to help you overcome obstacles and stay committed to your well-being journey.

