



# Nutritional Health 1 to 1 Coaching

## Maximising your health



# Step 1

## 1. **ESTABLISH A BASELINE** – work out what is going on.

- a. For this I use a range of techniques, depending on your goals and what recent information you already have available, such as the reports from an annual health check, or tests that your GP/MD has run. These are the additional types of tools we can call upon:
  - Gut Microbiome analysis
  - Blood tests results – as full spectrum as possible
  - Food sensitivities and intolerance tests
  - Possibly a DNA analysis – again depending on your goals and current issues.
- b. During an initial 1-hour session, we will work together to complete a Client Consult Form, gathering your medical, diet, sleep, stress and exercise history, and logging your starting biometric data – height, weight, cms.
- c. I may also ask you to complete a weekly food diary.



## Step 2

- 2. REVIEW & PLAN** - having reviewed all the data and established a baseline, we will have a second 1-hour session, during which I will provide feedback on all the data gathered as part of the baseline and share with you some possible approaches. We will establish your 'why', what success will look like, set measurable goals and define 3 next actions.
- a. It is important to remember that this will be **YOUR** plan and not mine.
  - b. As your coach my role is to help fast track and underpin your progress, based on the knowledge I have gained and training I have undertaken:
    - Helping you to decide the best route for you, given all the data we review together
    - Providing hints and tips to help you along the way and when you hit obstacles
    - Supporting you in holding yourself accountable (to yourself!).



## Step 3

- 3. PROGRESS REVIEWS & FEEDBACK** - the following 4 x 45 mins sessions will provide a regular platform for us to review how you have been doing and discuss any challenges you have been facing. I will offer suggestions, information, hints and tips and ensure momentum and accountability, by reviewing previously agreed actions and setting new ones.
- a. I recognise that we all lead busy and often erratic lives and am happy to schedule the coaching sessions around mutually suitable times.
  - b. While some of my clients may be relatively local to me, meaning we can plan to meet in person, for those further away, I will mainly use Zoom to host virtual sessions.
  - c. I am also happy to provide additional ad-hoc support via WhatsApp and you will also be welcome to join my online communities.



# Cost

## 1. Basic package:

- 1-hour initial baseline data gathering and briefing session
- 1-hour baseline review and planning session

**BASIC PACKAGE COST: £250**

## 2. Additional 45-min progress review sessions charged at £90 per session

## 3. Additional possible costs for analytical tests: (prices in GBP as of 3.3.20)

- Gut Microbiome Analysis - £103.00
- Blood Test - £149.00
- Food sensitivities Test - £47.00
- DNA analysis - £80.00



# About Lucy Brown Consulting



**Lucy Brown Consulting – Resilience and Well-being** was founded in February 2020, after I left the corporate world of global IT companies, to focus on my passion – working with people to help **them** achieve **their** true potential, by **optimising their physical and mental** resilience and well-being – particularly when facing, or driving, **change**.



I take a **holistic view**, believing strongly that our physical and mental health and well-being are intrinsically linked – otherwise known as the **Gut-Brain Connection**. This is an area that I have studied extensively over the past 5+ yrs, qualifying as a Nutrition Network Advisor, being appointed as a PHC Ambassador and gaining accreditation as a GCologist/GC Partner.



In my Nutritional Health 1 to 1 Coaching practice, I work in **partnership with** my clients, helping **them** to uncover and explore their current situation, and use several **leading edge tools** for us to review the 'as-is', and identify how to achieve a better 'to-be'.



# THANK-YOU!



Lucy Brown Consulting  
Resilience and Well-being

