



# Maximising your health



## Nutritional Health 1 to 1 Coaching





# Step 1

## ESTABLISH A BASELINE

A 1-hour session to establish your goals, review any recent information you have available - such as the reports from an annual health check, or tests that your GP/MD has run – and take a full history.

In addition we can commission:

- Gut Microbiome analysis
- Blood tests results – as full spectrum as possible
- Food sensitivities and intolerance tests
- DNA analysis – depending on your goals and current issues.





# Step 2



## REVIEW & PLAN

- With the baseline established, we schedule a second 1-hour session, during which I will provide feedback and suggest some possible approaches.
- We will establish your ‘why’, what success will look like, set measurable goals and define 3 next actions.
- It is important to remember that this will be YOUR plan and not mine!



# Step 3



## PROGRESS REVIEWS & FEEDBACK

- 45 minute follow up sessions provide a regular platform for us to review how you have been doing and discuss any challenges you have been facing.
- As your coach, I offer suggestions, information, hints and tips and ensure momentum and accountability, by reviewing previously agreed actions and setting new ones.



# Terms of engagement



- We all lead busy and often erratic lives and I am happy to schedule the coaching sessions outside of normal working hours.
- Coaching sessions take place in person, or more often virtually, via Zoom or other video conferencing tools.
- I am also happy to provide additional ad-hoc support via WhatsApp and you will also be welcome to join my online communities.
- As your coach, my role is to help fast track and underpin your progress, based on my knowledge and training, and to support you in holding yourself accountable – to yourself!



# About



Equilibrium – Lifestyle Management was founded in February 2020, after Lucy left the corporate world of global IT companies, to focus on her 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**.



Lucy takes 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 Lucy has 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 our Nutritional Health 1 to 1 Coaching practice, Lucy works in **partnership with** her 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'.





Equilibrium  
Lifestyle Management