

Women's Health Hub



Natural support for health & wellbeing

Health Coaching Packages and Prices - January 2024

1) Short Health Reset

A bespoke health consultation, focusing on you and your well-being. We discuss any health concerns and look at your current lifestyle, stress, nutrition, hormonal health, and more. A personalised health plan is then created with actionable steps to reach your goals and a follow-up discussion. You will also receive materials to support you.

Includes:

- Initial 2-hour consultation (in person or on Google Meet). We will look at your medical history and go into your health, lifestyle and hormonal health in more detail. I will find out exactly what is going on for you currently. This will also include a wellbeing tool that explores what your priorities are at the moment, to see what will help you the most.
- I will then look further into what we have discussed and put together recommendations and a plan for you to take away and start to implement.
- A 60-minute telephone call to go through and discuss with yourself the recommendations and personalised health plan.
- Helpsheets, recipes, and other tools that motivate and inspire you are also sent out.

Cost Total:

£200 - Online or in person in Shillington (village near Hitchin)

£240 - In person at:

- Wyndham Centre, Baldock
- Leaf Health, Bancroft Road, Hitchin
- Stevenage Chiropractic Clinic, High Street, Old Stevenage
- Happy Body Project, Haynes, Bedfordshire

Deposit: £100

2) Balance - 6 weeks

A bespoke health consultation, focusing on you and your well-being with more personalised support. We discuss any health concerns and look at your current lifestyle, stress, nutrition, hormonal health, and more. A health plan is then created with actionable steps to reach your goals and a follow-up discussion. You will also receive materials to

support you. This also includes 2 further 1- hour sessions in person or on Google Meet and 2 additional telephone calls to help support you and make any changes as you go along. This includes more personalised support.

Includes:

- Initial 2-hour consultation (in person or on Google Meet). We will look at your medical history and go into your health, lifestyle, hormonal health, energy levels, stress and more in detail. I will find out exactly what is going on for you currently. This will also include a wellbeing tool that explores what the priorities are at the moment to see what will help you the most.
- An hour telephone call to discuss recommendations that work for you and fit into your life.
- A personalised health plan with manageable steps for you to take forward.
- Updated health plan as we go along.
- Helpsheets, recipes, and other tools that motivate and inspire you, depending on what you require.
- 2 x 1-hour sessions in person or Google Meet to discuss
- 2 x 45 minute telephone support in-between sessions

Cost Total:

£425 - Online or in person in Shillington (village near Hitchin)

£520 - In person at:

- Wyndham Centre, Baldock
- Leaf Health, Bancroft Road, Hitchin
- Stevenage Chiropractic Clinic, High Street, Old Stevenage
- Happy Body Project, Haynes, Bedfordshire

Deposit: £100, can pay the rest in 4 installments

3) Stress-Free and Calm

Feeling overwhelmed and out of sorts? Do you find it hard to make decisions and move forward? Have you got no energy?

This programme has been designed for you to manage your stress, to help you to get back to 'yourself'. Whether you are juggling too many balls, work has become too much, or other issues are impacting your sense of self, we will work together in a way that

empowers you. I will work with you over 12 weeks to help support you to make small changes that can have a big impact on your health and sense of self. We will examine key areas of your life, and use tools to explore how you can take steps to turn things around.

We will look at your diet, movement, breathing, sleep patterns, hormonal health, stress levels, work patterns, and more. By the end of our sessions, you will feel more relaxed, and happier, with an increase in energy and motivation. You will also have the tools to empower yourself moving forward.

Duration: 12-weeks

Includes:

- Initial 2-hour consultation (in person or Google Meet). We will look at your medical history and go into your health, lifestyle, hormonal health and areas that are causing you stress, in more detail. I will find out exactly what is going on for you currently. This will also include a wellbeing tool that explores what your priorities are at the moment, to see what will help you the most.
- An hour telephone call to discuss recommendations that work for you and fit into your life including a personalised health plan. Helpsheets, recipes, and other tools that motivate and inspire you. This includes tools for managing stress.
- 5 x 60-minute coaching sessions in person or on Google Meet, every other week. As you start to make small changes your priorities will change. We will explore how you are feeling each week and what may need changing/adding to. You will get an updated health plan as you go along.
- 5 x 45-minute telephone call every other week (weeks we aren't meeting in person or online) to check in and for accountability.
- Updated plan and ongoing relevant helpsheets.

Cost total:

£850 - Online or in-person in Shillington

£945 - In person at:

- Wyndham Centre, Baldock
- Leaf Health, Bancroft Road, Hitchin
- Stevenage Chiropractic Clinic, High Street, Old Stevenage
- Happy Body Project, Haynes, Bedfordshire

Deposit: £100, you can pay the rest in 8 installments

- * Optional: There is an optional extra of having your hormones and cortisol levels plus organic acids (Vitamins B6 and B12, and gut health marker and other metabolites tested). This is tested via Future Woman (A hormonal testing company), with 10% off if you book through me.
- * Flexibility around weeks if you have a holiday or other engagement.