
HEALTHY HABITS FOR LOCKDOWN GROUP COACHING

WEEK 1 – HOW YOU EAT

- Do you eat regularly, skip meals or snack constantly?
- Do you ever eat because you're bored/ stressed/ anxious/ on the go/ standing up/ driving?
- Do you plan what you are going to eat and use up leftovers?

WEEK 2 – WHAT YOU EAT

- Are you eating the right foods for you or are you struggling to eat well?
- Does eating make you feel uncomfortable (bloating, belching, flatulence, energy dips etc)?
- Are you eating a wide variety of foods or are you stuck in a recipe rut?

WEEK 3 – HOW YOU SLEEP

- Do you feel rested and refreshed in the mornings?
- Do you struggle to either fall asleep or stay asleep (or both)?
- Do you have a bedtime routine?

WEEK 4 – HOW YOU FEEL

- Do you experience anxiety or depression?
- Do you get overwhelmed at times?
- Do you feel that you are always putting others first?

If you have answered these questions and are not happy with the answers, why not join in my group coaching programme for the month of November*? Groups will be small, with a maximum of 6 participants. Each programme includes:

- 30 min 1:1 call with me to figure out your own goals for the programme before the start
- Weekly Zoom meeting (recorded for you to review if you cannot attend live) focusing on the topic. Each week will include tips on food, lifestyle and supplements (based on your own goals)
- Private WhatsApp group to stay in touch with weekday contact from me, including:
 - New Recipes
 - Encouragement & support
 - Answering your questions (designated day of the week)
 - Relevant research & information
- 30 min 1:1 call with me to review your progress at the end of the programme

Cost of programme is €120 (€30/ week) (same as 1 initial 1:1 consultation!)

If you'd like to join in, contact me at gwenrightnutrition@gmail.com or via private message on social media (Instagram and Facebook). If you have lost income due to Level 5 restrictions, please get in touch as I will offer 1 participant 50% off in each group if required.

*Zoom meetings will be on Thursday evenings at 8.30pm Irish time and last one hour.