

Motiveat-slim

Think smart • Think healthy • Think slim



Lose weight the smart way
with **Motiveat-slim**...

...**Motiveat-slim** is a completely different and sophisticated approach to weight loss. Through nutrition consultations, life coaching and group meetings with our trained experts we can help you improve your diet and motivation.

Finding it difficult
to count points,
calories or
only eating
certain
foods?



There is more to weight
loss than just consuming
a low-calorie/low fat diet...

Want to gain control of your eating habits and stop comfort eating?

Conventional slimming clubs often fail because they leave people counting calories or allocating points to foods, or worse still, only eating limited food types. This isn't sustainable or realistic for most people.

If you really want to lose weight or achieve better health you need to change the way you eat forever.

Many diets work in the short term, but at **Motiveat-slim** we work with you to change your eating habits permanently. We recognise that everyone is biochemically and emotionally different, so we look at the clinical and emotional reasons why you may not be losing weight. By taking into account your digestion, thyroid and adrenal glands (where stress hormones are produced), food intolerances and your general health picture **we design a weight-loss programme for each individual.**

The role of the mind should never be underestimated.

We've all experienced that mind chatter that takes us to the chocolate bar! We have a solution! We combine life coaching and/or counselling with nutrition consultations to create a powerful combination to take you to your destination. In addition we provide fortnightly group meetings and presentations for continued support and motivation.

...**Motiveat-slim** will work with you to change your eating habits permanently.

Seeking long-term health results?

At **Motiveat-slim** we believe that the word 'diet' is misleading. Therefore we take a holistic approach by working with your body, your thinking and your emotions. The programme is designed to help and empower you through unique and individual one to one consultations with both a Nutritionist (Helena Hall) and a Life Coach/Counsellor (Linda Slynn), in addition to fortnightly meetings and presentations.

What is involved?

① Nutrition Consultations. You receive...

- An initial consultation of 1hr and 30mins plus two further consultations of 30mins
- A nutritionist report outlining actions required and factsheets
- Client notes following each consultation
- Ongoing support and advice throughout the duration of your nutrition consultations

② Life Coaching/Counselling consultations. You receive...

- An initial consultation of 1hr 30mins, plus four further sessions of 55mins
- Material including goal setting, action plans and reviews to create a personal motivational pack

③ Fortnightly presentations. We provide you with...

- Six fortnightly presentations covering many topics including; 'The power of language and internal dialogue', 'Portion Control', 'Making changes forever', 'Healthy Breakfasts', 'Confidence and self esteem' and 'Fats that harm/fats that heal'.
- The option to continue to pay as you go and attend presentations following the programme and to arrange further follow-up consultations with either practitioner.

In need of support and motivation?

How it works

The true value of this program is that it helps you understand why you may have a weight problem and works with your own body to ensure that you are eating the right foods for you. You however, are the key to your success and with our support we are convinced that you can achieve the results you have always wanted!

Where are the consultations and presentations held?

Nutrition consultations can be held in Potton, Bedfordshire and also in Hertford and Welwyn (Natural Health Stores). Life coaching/counselling consultations can be held in Potton or at an individuals home. Presentations will be held locally (venue confirmed on application).

How much does it cost?

£350 includes all consultations and presentations. This can be paid up front or in 6 x £60 instalments at each presentation.

How do I pay?

Cheque or cash can be accepted only. Consultations missed or cancelled within 48 hours will be subject to a 50% cancellation fee (of normal consultation cost), within 24 hours a 100% cancellation fee applies.

When can I start?

Please contact Helena Hall on 0781 3194 316 or Linda Slynn on 0778 7827 215 for details on the next program in your area.

...ever wondered why your friend eats as much as she wants and you put on 5 kgs just looking at a cream cake?

We're here to help you.

Helena Hall, Registered Nutritionist.

Helena is a Registered Nutritionist and fully qualified Nutritional Therapist. Helena has a Masters Degree of Medical Science in Human Nutrition, a Bsc Hons in Animal Biochemistry and Nutrition, a Diploma in Optimum Nutritional Therapy and in addition is a member of BANT (British Association of Nutritional Therapists). Helena is also a member of the Nutrition Society denoting a high level of training. Since 1997 Helena has worked in the field of nutrition in a corporate and personal capacity, having worked in infant nutrition and later specialising in vitamin and mineral supplements for a pharmaceutical company.

Linda Slynn, Life Coach/Counsellor.

Linda Slynn holds a BA Honours Degree in Humanities and has studied Integrative Counselling and Life Coaching for 3 years holding certificates in Counselling Skills and Theory and Life Coaching. Linda is a student member of BACP (British Association for Counselling and Psychotherapy). She works in a unique way using Solution Focused Therapy combined with Integrative Counselling and Motivational methods and is passionate about helping others to achieve their goals and continue their personal development. She creates individual programmes to suit the needs of each client. Linda offers one to one coaching, small group workshops and presentations.

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For further information contact:

Helena Hall, Registered Nutritionist

t: 0781 3194 316 e: helena@motiveat-slim.com

Linda Slynn, Life Coach/Counsellor

t: 0778 7827 215 e: linda@motiveat-slim.com

www.motiveat-slim.com

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