

Nicky Dear - Health Coach



Specialising in Nutrition and Lifestyle solutions to Menopause Symptoms .

My name is Nicky Dear, and following my own very difficult journey through Menopause; struggling to find the right help and advice for help with my joint & muscle pain, sleep disruption, anxiety and unexplained weight gain (to name but a few). I am passionate about helping other women turn around their health using evidence based nutrition & lifestyle solutions.

I offer a 12 week program tailored to each person's specific needs .

This is how it works:

Session 1: Introduction session, which is all about fact finding and getting to know one another - I will endeavour to understand "Where you are now", understand your symptoms and where you want to be in 90 days.
I will ask you to write a food, mood, sleep & stress journal for one week.

Session 2: We will co-create a coaching plan where we agree on no more than 4 steps for you to implement before the next session.

Session 3: We will have a follow up session to discuss your progress and understand what is working/not working and make adjustments accordingly.

Session 4: We will continue this assessment every week, for 3 months and I will adjust your coaching plan after each session depending on the discussion we have.

By the end of 3 months and importantly, with some true commitment to learning and implementing my suggestions from your side. My aim is to embed new dietary and lifestyle habits and behaviours which will have profound and sustainable improvements on your current and future health.

12 weeks is the minimum amount of time I would recommend if you want to make real sustainable changes to your current symptoms and behaviours around nutrition and lifestyle.

This includes: Sleep, Managing stress, Exercise, as well as advice around what to eat and what to avoid. All of these things influence weight loss, musculoskeletal pain, anxiety and depression, and so many other symptoms that women face during Menopause and I will aim to help you understand why this is.

In between sessions I will set up a WhatsApp chat for weekly updates and any questions you have, or any major breakthroughs you would like to share - I always love to hear when things are going really well, as well as any small set backs that we can learn from.

12 week programme structure & price:

- Initial in-depth health history review **1 hour**
- Co-creation of 4 step coaching plan **45 mins**
- WhatsApp updates in between sessions
- Weekly coaching sessions **(12 x 45 mins each)**
- Shared Recipe ideas
- Nutritional guidance and information
- Lifestyle and exercise changes tailored for those experiencing Menopause
- Weekly Social Media posts and blogs

£600 paid in full or 2 payments of £325 (1 up front and the second at 6 weeks)

Are you ready to change your future health?

If you are ready to invest your time and money in your future health then **please contact me.**

If you are unsure about spending this money, I urge you to consider what you would give to have a full night sleep most nights, to feel back in control of your life, to not be in constant pain and to lose that weight you have been trying to lose. To feel full of energy, positive, and get your mojo back.

It will reduce your risk of developing: Type 2 diabetes, Cardio Vascular disease and many other diseases caused by inflammation, being overweight, chronic stress, alcohol dependencies and poor nutrition.

This stuff works and it is less than the cost of a 1 week holiday- **BUT** has a much more profound and long lasting impact, if you can commit your time and money, **together** we can change your future health!

Don't just take my word for it! Here's what some of my current clients had to say:

"My health, well-being and nutrition has had a complete overhaul under Nicola's guidance, non of which I could have done alone!"...

"...She has give me the confidence to make many changes by simply igniting a spark of intention to set me on a path of discovery. Nicola has guided me along the way by checking in every week to keep an eye on my progress..."

"Nicola has been absolutely amazing and I am so proud to call her my life coach." - Sue

"Nicky helped me turn my life around! She helped me re-assess how I feel about food and myself."- Clare

"Her insight and helpful planning helped me navigate a busy life and restructure my life to work towards my goals..."

Contact Details

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