

Nicky Dear - Health Coach



12-week program

Practical, personalised support to help you feel more like yourself again

Are you struggling with weight gain, poor sleep, low energy, aches and pains, anxiety, or simply feeling that your body has changed and you don't know what to do about it?

Perhaps you've tried diets, exercise plans or lots of different advice, but nothing seems to stick.

You don't need another diet. You need to understand what is happening to your body – and find changes that work for you.

I'm Nicky Dear, a Certified Health Coach & Menopause Practitioner, and I specialise in supporting women through perimenopause, menopause and beyond using evidence-informed nutrition and lifestyle approaches.

I know how difficult this stage of life can be because I've been there myself. I struggled with joint and muscle pain, disrupted sleep, anxiety, exhaustion and unexplained weight gain. I also found it incredibly frustrating trying to find the right advice and support.

My own experience led me to retrain as a health coach, and I'm passionate about helping other women understand their changing bodies and make small, realistic changes that can become part of everyday life.

What could 12 weeks change for you?

Together, we'll look beyond food and explore the bigger picture of your health – including:

Nutrition and weight management

Sleep and energy

Stress and emotional wellbeing

Movement and exercise

Menopause symptoms and how they may be affecting you

Everyday habits and behaviours that support your health

Most importantly, this isn't a one-size-fits-all programme.

We'll work out what matters most to you, and take it one step at a time.

How the programme works

1. Understand where you are now

Before we begin, you'll complete an in-depth health assessment covering your health history, nutrition, sleep, stress, movement, exercise and lifestyle.

We'll then have an initial one-to-one session to get to know each other, understand what's troubling you most and identify what you'd like to achieve over the next 30 and 90 days.

I'll also ask you to keep a short food, mood, sleep and stress diary, helping us spot patterns that might otherwise be easy to miss.

2. Create your personal plan

We'll co-create your coaching plan together, focusing on no more than four achievable changes at a time.

No overwhelming list of things you should be doing.

Just practical steps that fit around your life.

3. Weekly support and accountability

We'll meet for a weekly coaching session to look at what's working, what's proving difficult and what you've learned.

Your plan will evolve with you – because sometimes life gets in the way, and that's OK.

You'll also have access to a private WhatsApp chat between sessions, so you can ask questions, share a breakthrough or get a little extra support when you need it.

4. Build habits that last

Over the 12 weeks, we'll gradually build your knowledge, confidence and healthier habits.

My aim isn't simply to give you a list of things to do.

It's to help you understand the 'why' behind the changes, so you can make informed choices for yourself long after our coaching has finished.

What's included?

Your 12-week programme includes:

- ✿ Initial in-depth health assessment and consultation – 60 minutes
- ✿ Personalised coaching plan – co-created with you
- ✿ 12 weekly one-to-one coaching sessions – 45 minutes each
- ✿ WhatsApp support between sessions
- ✿ Personalised nutrition and lifestyle guidance

- ✿ Recipe ideas and practical food support
- ✿ Guidance around movement and exercise during menopause
- ✿ Education to help you understand your changing body
- ✿ Ongoing encouragement, accountability and support

An investment in your health

12 weeks – £600

Or 2 payments of £325, one at the start and one at week 6.

I recommend 12 weeks because meaningful, sustainable change takes time. It gives us the opportunity to understand what's going on, experiment with different approaches, overcome the inevitable bumps along the way and gradually build habits that fit into your life.

This isn't about being perfect. It's about making progress.

And you don't have to figure it all out on your own.

Ready to find out if it's right for you?

I'd love to have an informal, no-obligation chat about where you are now, what's troubling you and what you'd like to change.

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Find out more about me [Nicky Dear Health Coach](#)

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