



## WELLNESS COACHING IN AUSTIN, TX

I take a holistic, [weight-neutral](#) approach to health and wellness that includes exercise, nutrition, and mindset coaching. My goal is to help you find ways of eating, moving, and thinking that nourish you so that you can stop wasting precious time obsessing about food and your body. My focus is on helping you **feel** as good as possible--energetic, empowered, strong--without worrying so much about reaching a specific number on the scale or exact body composition.

Coaching sessions take place at my private, fully-equipped studio in the Mueller neighborhood. Unlike at a commercial gym, you won't have to worry about people staring at you or judging you, and you won't be distracted by wall-to-wall mirrors. You can also play your own music if you'd like!

### Includes:

- Thorough initial health and wellness questionnaire and assessment so I can understand where you're coming from and the direction you'd like to go.
- 45-minute exercise coaching sessions to help you step into your power and reconnect with your body.
- Nutrition coaching based in the practice of intuitive eating that is designed to give you freedom from restrictive diets and food obsession and help you get more in touch with your body's individual dietary wants and needs.
- Mindset and confidence coaching, which will include assignments to help develop self-confidence, self-compassion, body acceptance, creativity, and balance in your life to address *all* areas of health, not just physical health.
- Access to my coaching software on both your computer and phone, which includes a schedule of all coaching events and assignments, your exercise programming (complete with form videos and written descriptions), educational materials, and progress-tracking tools.
- Unlimited email support.
- Automated monthly billing via Paypal using subscription-style pricing that stays the same every month.

## Pricing:

For 1 coaching session/week (where occasional sessions may be reserved for sit-down coaching sessions that focus on nutrition, mindset, etc. as needed):

- \$480/month
- 3-month minimum

For 2 coaching sessions/week (where occasional sessions may be reserved for sit-down coaching sessions that focus on nutrition, mindset, etc. as needed):

- \$860/month
- 3-month minimum

If you'd like to train as a small group of 2-3 people, I offer a discount for that. Contact me for details!