



Sunset Farm Coaching & Well-Being Centre

Weight Management

Mindset Coaching

In 2016 Health Survey for England found that 35.2% of adults in England are overweight and a further 26.2% are obese making a total of 61.4% who are either overweight or obese.

Many men and women spend a lot of their lives trying to lose weight by trying different diets; often they end up in a cycle where they start a diet, lose some weight, then they **lose will-power** due to the unrealistic expectations and the impracticalness of the diet, and then they fall off the diet and **end up putting all the weight back on.**

Most diets are hard to stick to! To maintain a healthy weight, you need to develop sensible lifestyle habits that suit your personal circumstances. **By changing the way people think and feel about food, we empower them to make healthier choices and positive lifestyle changes.**

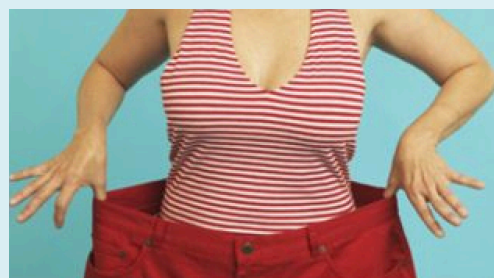


This program is designed to coach people and help them develop the right mindset for weight loss.

- ✓ **FREE** Consultation: Coaching introduction – taking your personal history – task assignment.
- ✓ Coaching Sessions 1-2: Removal of your limiting emotions/decisions associated with food.
- ✓ Coaching Session 3: Setting your healthy weight loss and lifestyle goals.
- ✓ Coaching Session 4: Realignment of values to make your new healthy lifestyle a priority.
- ✓ Coaching Session 5: Tips and techniques for maintaining your new healthy lifestyle.
- ✓ Coaching Session 6: Cementing in your positive healthy lifestyle changes with hypnotherapy.
- ✓ **FREE** follow-up call.

There is no quick fix for weight management, you must be prepared to complete tasks and make significant lifestyle changes. You must take action to loose weight; we cannot do it for you!

Each Coaching Session typically lasts between one and two hours. Individual Coaching Sessions are £80. If you book and pay for all 6 Coaching Sessions in advance then the price is only £400 (6 sessions for the price of 5).



Booking and Contact Information

Claire and Mike Burrow are professional NLP Master Coaches and Master Practitioners of Hypnosis with a passion for helping people achieve their goals and dreams, build confidence, develop self-esteem and find greater happiness in their lives.

To book your **FREE** Weight Management Consultation and for more information, please email / call: mike.burrow@sunsetsql.com / 07729 909186 and see our website: sunsetsql.com.