



Christmas 2018 Holiday Package

a limited-time, private nutrition-mindset coaching program

trust your body, eat what you want, and feel healthy and confident...

so you can live the life you dream of!

This private coaching package is designed to help you let go of food rules and let yourself fully enjoy your food and life. As we work together, you'll have one-on-one support and encouragement, forming a new relationship with your food and your body, so that you can feel more relaxed and confident.

What do I get? What's the benefit?

This is a comprehensive coaching package. You'll get...

- Activities to increase your attunement with your natural body signals
- Body trust and wisdom to figure out what it's telling you
- Freedom to never have to fight your body or cravings again
- Mindset tips to feel more relaxed and confident about your eating experience
- Ways to care for your "here-and-now" body
- New relationship with your food and your body
- Customized action plan with practical tips and support
- Sustainable changes for now and for the future

I want more details!

The Christmas 2018 Holiday Package includes...

- one 30-minute discovery call to see if this is a good fit for your current needs
- twelve 60-minute virtual coaching sessions (every two weeks for 6 months)
- three 15-minute Booster Calls for quick motivation to push past tough challenges
- email recap of every session including customized action plan
- relevant handouts and resources (as needed in your personalized coaching)
- unlimited email support between sessions

PLUS...

- BONUS... six months of follow up coaching sessions (monthly, 60-min/session)
- BONUS... four takes of the Intuitive Eating assessment

That's a total of one year of support!

Who is this for?

This package might be a good fit for you if you want to...

- be fully present in your life
- become empowered to take control of your life and eating experiences
- rediscover the joys of eating and find what truly satisfies you
- try something sustainable and customized to you
- identify and work on your mindset so you can finally make progress

Who is this NOT for?

This package isn't for everyone. It might NOT be a good fit for you if you...

- are looking for a magic bullet, magic pill, or instant fix to all your food and body problems without any effort
- aren't willing to take ownership of changing your life or your relationship to food and your body
- aren't ready to invest in your health, happiness, and future

How much is the investment?

This is a limited-time, special offer only for this Christmas season.

The value of this package is \$1400. But... because it's Christmas (my favorite holiday), I wanted to offer something really special.

For people who sign up before Jan 1, 2019, the price is only \$900.

Yup! Just \$900 for an *entire year* of coaching to transform your relationship with your food and your body. And there are payment plans as well.

It can work for you!

It IS possible to experience a transformation in the way you think about food, your body, and your life.

Here's what a previous client has to say:

"I think you did a great job helping me find solutions that I can use versus just telling me I wasn't doing the process the one true way or something like that... Thank you so much for your patience with me. It feels like we did some really hard work to help me find a path that works for me. I'm really happy and excited about eating and appreciate it so much more than I used to. Thanks for helping me fully love something I already thought I loved.
–Jenn S

I know that my experiences as a dietitian, certified intuitive eating counselor, and nutrition mindset coach can help you experience the food freedom you always wished you had. I'd be so honored if we could work together in this process.

What's next?

If you feel like this package could be a good fit for you, and you're ready to take action now, [click here to email me](#) and I'll get back to you within 48 hours to set up a time for your complimentary 30-minute initial discovery call.

And of course, if you have questions, feel free to reach out – I'm happy to answer!

♥♥ Shelly