



Premium Signature Coaching Program

with Shelly Najjar, MPH, RDN

a 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 program helps you start a new relationship with your body and your food. As we work together, you'll have one-on-one support and encouragement, so you can feel more relaxed and confident about the food you eat, experience food freedom, and fully enjoy your life.

What do I get? What's the benefit?

This is a comprehensive coaching program with live course modules. 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 Premium Signature Coaching Program includes...

- one 30-minute discovery call to see if this is a good fit for your current needs
- six 60-minute virtual coaching sessions to work on real-life situations
- six 30-minute live course modules to teach you new skills and reset your mindset
- three 60-minute follow up virtual coaching sessions to maintain your progress
- online workbook to help you dive deeper into concepts and apply your skills
- recap of every session including customized action plan
- relevant handouts and resources (as needed in your personalized coaching)

PLUS....

- BONUS... three 15-minute Booster Calls for quick motivation or challenges
- BONUS... one take of the Intuitive Eating assessment
- BONUS... unlimited email support between sessions

Tell me about the live course!

With the live course, you'll learn skills and theories you can use throughout your life to get free from food rules, nourish your whole self, and rediscover the love of food.

Quick Start / Pre-Coaching Materials

(self-assessment; dreams, hopes, and fears worksheet; coaching agreement)

Module 1 - Detox from Your Diet

(use the 5 W's of Confident Eating to free yourself from food rules)

Module 2 - Honor Your Body and Yourself

(nourishing your body and yourself with food, love, kindness, and respect)

Module 3 - Mindset Myths and Diet Lies

(common myths about food and your body, and how to replace them with helpful truths)

Module 4 - All Food is Nourishing: Nutrition Basics Reboot

(no food is off-limits, mindful eating, gentle nutrition)

Module 5 - Silence the Food Police

(identify the food police and craft personal replies with Acknowledge and Act Method)

Module 6 - It's All Connected: The Wellness Wheel

(use the 8 Dimensions of Wellness to assess and identify areas of future focus)

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 program is an investment of time and finances into your wellness and future self.

Your financial investment for the entire one-to-one live coaching program is just \$897. This is a limited-time, special introductory offer while the course is being refined, and there are payment plans available.

The time investment for this transformative work is about 20-25 hours total over 3-6 months, depending on personalized pacing.

Just \$897 for a comprehensive coaching program to transform your relationship with your food and your body.

It can work for you!

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

Jenn completed this program and experienced a mindset shift. This is what she says:

“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 to find something that works for you.

What's next?

To maintain a high-level of support for each person, I carefully consider how many people I work with at once.

If you feel like this package could be a good fit for you, and you're ready to take action now, [schedule your complimentary discovery call](#) to see if this is a good fit for your needs, and take the first step on your journey to living fully and freely.

♥♥ Shelly