

The Confidence Coach

This package is my personal favourite since it resonates with me on the deepest level.

I grew up shy as hell and I know how frustrating and demoralising it feels to let your anxiety create a barrier between you and the life that YOU deserve to be living.

This package is designed to aid you in overcoming all of your fitness related anxieties, be that being worried about lifting weights, exercising in front of others, feeling like you look stupid or are doing things wrong or even just feeling unconfident and anxious about your own skin.

I truly want to impact your life in the most positive way possible.

SO WHATS IN THE PACKAGE?

EXERCISE

16 Weeks of personalised workouts, catered to your goals, your schedule and your likes and dislikes – because lets be real, the only fitness plan that you're genuinely going to stick to is one that you love.

I will be nudging you out of your comfort zone in order to break down those fitness anxieties one by one. I will be constantly accessible, a little coach in your pocket for you to send form checking videos, progress pictures and questions to whenever you want.

We will also have our official weekly check in to track your progress.

NUTRITION

Firstly, you will complete a 14 day 100% HONEST food diary. This will be free of judgement (I promise you I eat chocolate and pizza too)

I will then calculate your specific calories needs, taking into account your activity levels, your occupation and whether or not you're running after toddlers all evening.

I will use both of these pieces of information to give you meal plans based off of the foods you ENJOY and fit them into your macronutrient calculation. It is my belief that I cant give you truly sustainable meal inspiration without knowing what it is you actually enjoy eating – a crazy concept I know.

SUPPORT

My main reason for becoming an online coach was to provide people with a genuine support network.

You will not feel alone in this journey, of that I will make certain.

My emphasis is always helping you to build a positive relationship with fitness. By the end of the 16 weeks I will have you walking into the gym or heading for a run in your local park with your head held high and your stomach butterfly-free.

We will have our 16 weekly check-ins of course, but you should never hesitate to reach out to me whenever you need that extra push. Even if it's a phone call to get you from the car park to the gym – I've got your back.