**WOMEN’S HEALTH COACHING WITH NISHA TOPPIN**

[www.periodhealthmatters.com](http://www.periodhealthmatters.com)

07855 325 948

Thank you for your interest in Health Coaching for Women’s Health.

Women's health coaching provides a vital (and too often missing) layer of support, combined with specialist knowledge in women's holistic health, so that you can make lasting diet, lifestyle, and behaviour changes. It provides practical and emotional support to give you the power to change your health.

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We will start by getting a holistic picture of what is going on for you as an individual, as well as building a vision of health that captures where you would like to be.

As your coach, I’ll guide you and support you on your very own personalised journey to wellbeing. I’m really interested in a bio-individualised approach to food, diet and lifestyle – I don’t teach a one-size-fits-all approach. This process is about really understanding YOU and your needs. As your coach, I’m here to hold you accountable so that change can happen, and to hold the space for you to find the next best steps to wellness.

One of my mantras is “Test, don’t guess” and I integrate the best of functional testing into my approach so that we can really figure out what’s the best approach for you, right now. The right lab tests provide important information about what’s going on for you, sometimes avoiding years of trial and error. Addressing the root cause of what’s going on, and addressing your unique physiology is essential to reclaiming and maintaining optimal health and vitality at any age. Rather than turn to medications that simply mask the problems and can actually make things worse, my approach is to take a holistic view. I believe deeply in the power of food and nutrition to heal.

**About Coaching**

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Coaching is right for you if you have a sense that you’re ready to proactively make positive life changes

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Coaching provides a safe space for you to discuss your hopes and dreams, and to create solutions to help overcome the challenges you face

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Coaching supports and empowers you to create the life you want to lead through vision setting, manageable action steps and accountability

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Coaching puts you in the driver’s seat of your life – it is not medical advice or counselling, although I can signpost you to specialists if this is the right support for you

**About the Coaching Process**

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First, we’ll take a comprehensive case history – an overview of the context of your life in relevant areas: physical and emotional wellbeing, diet & nutrition, exercise, work, responsibilities, people, spirituality

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We will explore your hopes, dreams and aspirations – where you want to be and your motivation for change

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We will look at what you have already tried in terms of conventional and holistic approach, what works and what doesn’t

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We will look holistically at your life so that we can clearly identify what to do and where you need support

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Then we will create a personalised plan for our time together with a timeline of goals

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We will explore the lifestyle changes that will allow greater health expression, strengthen your resilience and boost your happiness

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Each time we meet, you will share your progress and observations and we will create specific actions towards your personalised selfcare plan

**Location**: Zoom video call

**Fees**: £125 per session

**Payment**: Please pay by BACS (bank transfer) in advance to confirm your session, to:

Nisha Toppin

 20-58-51

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**Cancellation Policy**: I operate a 72 hour cancellation policy – if you need to reschedule, please contact me as soon as possible. If you cancel within 72 hours of your appointment, the full fee will be payable.