

RESULTS COACHING



@HUMANPHENOMENA

My Results Coaching Programs are designed to support you towards your goals with as much support as you need.
Each program is set for 12 weeks and will continue on a monthly basis should you choose to continue.

	BASIC	PREMIUM	PREMIUM PRO	ELITE
Personal Training Sessions	12	24	24	36
Personal Coaching	×	×	3	6
Program & App Access	✓	✓	✓	✓
Progress Assessments & Virtual Support	✓	✓	✓	✓
Nutritional Guide	×	✓	✓	✓
Investment From: 0% instalments available	£600	£1050	£1350	£1950

*Further coaching support can be included at additional cost

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Personal Training

My Personal Training provides 1 on 1 tailored exercise sessions made to suit your goals, fitness levels and individual requirements. You will be provided with a fitness program during these 1:1 sessions and I will teach you correct form so you can be more confident with exercising at home, in a gym or anywhere you choose. If you are new to exercise or feel you could use some extra support, my 2 or 3 session a week packages provide everything you will need.

Personal Coaching*

With an MSc in Positive Psychology & Coaching Psychology, my Personal Coaching offering is my most popular and valued service by many clients and makes my programs unique. If you opt-in for coaching on top of your personal training, you will be able to have in person or virtual/phone call sessions that enable a open and safe conversation with you regarding your goals and the challenges you are facing. Being heard and really listened to is powerful, and you will experience this in coaching. Further more my coaching empowers you on a self-directed personal growth journey that focuses on your wellness and or performance. These coaching sessions are highly recommended to enhance motivation and support positive habits and lifestyle changes.

Program & App access

You will get set up with an exercise program on your own profile within my virtual coaching app. Each training program will be designed to support you with your individual requirements. My virtual coaching app enables you to consistently log your own progress towards your goals and keep you on track to accomplishing them. You will also be able to integrate your account with fitness tools such as My Fitness Pal (for nutrition) and Google Fit, Apple Health & Fitbit (activity tracking).

Progress assessments & virtual support

Your progress assessments are assigned to you to support and tweak your program with finer details. Recommendation for further adjustments to your lifestyle that will support you towards your goals will also be fed back and can be worked on during your coaching & training. You will also be able to contact the support team in the app to gain clarity with features or elements of your program and my services.

Nutritional guide*

Nutrition is a key factor in your personal wellness and performance on a day to day level. My nutritional guides help you to learn and apply positive changes to your lifestyle that support wellness and performance improvements on the way towards your goals.