

Rooted in behavioural psychology, our lifestyle coaching focuses on 3 key areas:

1. Changing attitudes and behaviour
2. Establishing healthy habits
3. Staying motivated

Each programme follows a unique path based on the specific objectives of those who take part. Typical results include:

- Increased energy levels
- Improved work-life balance
- Enhanced enjoyment of life
- Greater sense of happiness
- Weight loss
- Better sleep
- Improved fitness
- Better food choices

On completion each participant is fully equipped with everything they need to experience optimum health, wellbeing and happiness every day of every year.

What does a typical participant look like? Usually they:

- Have a busy life and feel their health, energy and effectiveness is compromised as a result
- Want to take their fitness, weight management and healthy living goals to the next level
- Want to make healthy eating easy
- Are looking to improve their sleep routine
- Would like to be better at coping with stress
- Are looking to achieve a happy state of balance in their life
- Love to enjoy life and hate feeling compromised
- Are looking for some real-world practical support from experienced healthy lifestyle experts

Coaching programmes are tailored to suit each target audience and budget. Popular options are:

1. Our 3 month intensive healthy living coaching for Leaders / Managers including 4 coaching consultations / calls and weekly support
2. Our 6 week healthy living kick start programme consisting of 2 coaching consultations / calls and remote support

Call 020 8995 1302 or email info@the-tonic.com today to book coaching