



# WHAT YOU CAN EXPECT

## A HIGH-TOUCH, 5-STAR SUPPORT EXPERIENCE FOR MOTHERS WITH DIABETES:



Nothing is worse than feeling lost, overwhelmed, or unsupported when it comes to your health—especially during pregnancy and motherhood. That's why I built Glow Mama Wellness to be different. Here, you're never just another number.

## YOU'LL NEVER NAVIGATE THIS ALONE.

I keep a daily pulse on what's going on with my clients. Between our 1:1 coaching sessions, private check-ins, and ongoing support you'll always have a place to ask questions, get reassurance, and stay on track. There's no way you can't thrive with this level of personalized support!

## CUSTOMIZED TO YOU, NOT A ONE-SIZE-FITS-ALL APPROACH.

Motherhood, diabetes, and life don't fit into a generic plan—and neither should your health journey. I'll work with you to create a strategy that fits your lifestyle, your needs, and your goals so you feel empowered and in control every step of the way.

This program is designed with no way to fail—only ways to grow, feel better, and live the vibrant life you deserve.

When I created this coaching program, I set out to build exactly what I wished had existed when I was navigating diabetes as a mother. A place where you feel truly supported, understood, and empowered—not just handed a list of things to do.

I wanted this to be more than just education—I wanted it to be the bridge between knowledge and real-life success. And guess what?  
That's exactly what it is!

xo,  
*Amanda*

# How you will be supported....

THIS IS A FOUR MONTH PROGRAM WITH AN OPTION TO RENEW AT A DISCOUNT AFTER.

## HEALTH COACHING ROADMAP



- **Foundation Session:** set the stage for your transformative journey with Glow Mama Wellness. Together, we'll delve into your health goals, aspirations, and unique needs, crafting a personalized roadmap towards vibrant well-being. This initial consult lays the foundation for our partnership, where we'll harness your inner glow to radiate wellness in every aspect of your life.
- **Check Ins:** You will be sent a weekly or bi-weekly check in form. This form will not only help you stay accountable to the goals that you have set. It will also help you identify future steps (even if you don't realize it!). Feeling stuck? Don't worry we will work through all of it in our 1:1's.
- **1:1 Momentum Sessions:** Momentum propels you forward in your wellness path. Whether in the chat or on a call, this session is just for YOU. It dives deeper into your progress, challenges, and triumphs. Together, we'll reignite your motivation and commitment, fostering momentum towards sustained health and vitality while staying flexible and meeting your needs. Let's keep the glow alive as we journey towards your brightest self.
- **Additional support:** Feeling like you need a bit more support? Had an appointment with one of your health care professionals and need help integrating new information? Additional chat business hours Monday-Thursday 9am-2pm (response within 24-48 business hours)

# How to get started...

- 1 Choose a level of programming - (you can upgrade or downgrade anytime)
- 2 Choose a start date - you can also put a deposit down for a later start date!
- 3 Choose a payment plan - we have monthly, paid-in-full discounted options, or pay half now/half later

We accept the following forms of payment -

- e transfer (from with in Canada)
- most major credit cards
- Affirm payments
- And we have additional funding options available.

THERE'S NO WAY WE CAN'T FIGURE OUT THE FINANCIAL PIECE WITH SO MANY OPTIONS! I AM EXCITED TO WORK WITH YOU & LEAD YOU ON YOUR JOURNEY!

(WE CAN DISCUSS ALL THIS VIA CHAT/TEXT/DM!)