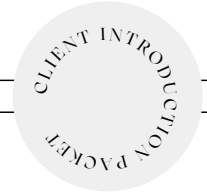




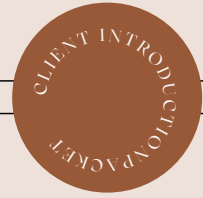
THE BODY  
LOVE COACH



# SERVICES & PRICING GUIDE



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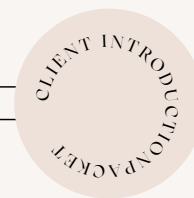
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# THE BASICS OF WORKING WITH ME

# WELCOME, FRIEND!



## THANKS FOR YOUR INTEREST IN WORKING TOGETHER!

Hi, I'm Devin, The Body Love Coach. I'm a Holistic Nutrition Wellness Coach working to change the coaching game by introducing a body-positive, self-love focused approach to goal setting and optimizing your health. Through my workshops, one-on-one coaching journeys, as well as in-person and online intensives and opportunities, I hope to create healthy, vibrant, body-positive communities!

It's often daunting to approach working on your health goals without any support, encouragement, knowledge, resources, or accountability. Working with a health coach is a great way to support your holistic wellness. If you're new to coaching, I can promise you that I am dedicated to helping you comfortably navigate the process as we work together towards your optimum health in whatever areas of focus are important to you!





# I'M DEVIN. IT'S NICE TO MEET YOU!



## I'M SO EXCITED TO WORK TOGETHER!

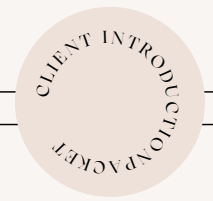
My personal health journey began when I was just a teenager, as my teenage angst took the form of self-deprecating self-talk, negative body image, and an unhealthy relationship with food, my body, and ultimately myself. As I experimented with all sorts of exercise regimes, fad diets, and detox cleanses, I found myself further and further away from being in tune with my body, much less a place of celebrating it or even living in it comfortably.

My preoccupation with food, ironically enough, led me to pursue studies in nutrition and health as I entered college. My decision did not at first come from a place of appreciation or passion for my health, nor did it come from a particular interest in working in a healthcare setting. My decision made sense because it required me to think deeply, and ultimately differently, about what I was already thinking about – food. My studies eventually helped me to reframe my attitudes towards food, my body, and myself. Spending hours drawing out the chemical reactions of nutrients has a way of making you appreciate the wonderful mechanisms of your body.

As my relationship with food shifted, so did my relationship with every aspect of my wellness. I began to truly practice self-love, ate with intention, found movement that I enjoyed, balanced work and friendships, and connected more deeply with my sense of purpose and spirituality.

This health journey transformation is perhaps one that sounds familiar to you. You may have found yourself amidst health, family, or lifestyle changes that allow you to look at your values and goals, and take steps towards your optimum health. Helping others not only achieve their goals, but thrive during each step of their transformation, is why I became a health coach, and why I hope to have the opportunity to work with you towards your living a life of joy, balance, holistic wellness.

# HOW CAN COACHING HELP YOU?



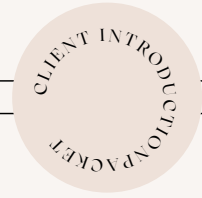
- Give yourself permission to feel good in your body.
- Learn Lifestyle Medicine techniques to optimize your health
- Receive support, encouragement, and accountability along your health journey.
- Reframe limiting beliefs around our yourself and your health.
- Heal your relationship with food, alcohol, and your body.
- Empower yourself to celebrate your own vibrant health, no matter where you are on your health journey.

- Connect with Food as Medicine and Sacred Nutrition.
- Learn to nurture and trust your intuition around food and nourishment.
- Quiet the chatter of information around diet, food, and health.
- Become more confident as your own primary care giver.
- Familiarize yourself with and celebrate your own natural rhythms, cycles, and changing needs.
- Learn to utilize plant and food medicines to support your holistic wellness.



# THE DETAILS OF YOUR COACHING JOURNEY

# YOUR COACHING JOURNEY



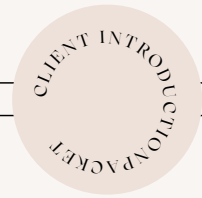
Through your three month coaching journey, you will work individually with me towards the wellness goals that we identify as a team. This includes a weekly 50-minute call, where we discuss your current health status, focus, and action steps. After each weekly session, you will receive a follow-up email, providing you with a recap of our session, overview of action steps, as well as additional resources and materials appropriate for your journey.

- Weekly 50-minute coaching calls
- Session Follow Up Email
- Weekly E-mail with Resources and Personalized Content
- On-demand coaching help
- Text and e-mail communication
- Access to Body Love Coach Facebook community

**\$297/MO.**



# TYPICAL PROCESS



1

## *Self Discovery/*

Coach and client work to explore clients beliefs and core values.

Clients gain insight into priorities and goals, identifies key health pillars of focus and formulates a Wellness Vision, an ideal vision of their optimum holistic wellness.

2

## *Wellness Mapping /*

Coach and client identify Areas of Focus, Key Action Steps, potential limitations, supports, strengths and weaknesses. These steps combine to create a Wellness Map.

Coach works with client to create systems for accountability and feedback

3

## *Review/Evaluate*

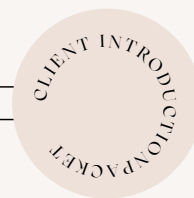
Coach and Client work to evaluate current goals and areas of focus, revising and making changes to the Wellness Map as necessary.

Client may review initial steps of the coaching process to clarify/confirm values and areas of focus.

4

## *Celebrate Success*

Coach and Client review and celebrate success and growth. The Client experiences increased confidence as they begin the coaching process to identify additional areas of focus.



## 1 ACCOUNTABILITY

As your Nutrition Health Coach, I am committed to coaching you in exactly the way that you would like, and that includes holding you accountable along your journey. Weekly check-ins will include ways that I can help keep you on track towards your health goals.

## 2 ENCOURAGEMENT AND SUPPORT

My primary goal as your health coach, is to be a source of unconditional support and encouragement as you make lifestyle changes. Whatever your goals are, I am here to support you with the encouragement and resources to achieve them.

## 3 RESOURCES

Everyone is different, so everyone's health journey looks as unique as they are. As a team, we will identify areas of focus that will lead you through growth in a wide range of health dimensions. Identifying your individual path to wellness is only the beginning. Each week, I will provide you with personalized content, activities, prompts, questions, and readings specifically tailored to your journey.

## 4 GOAL SETTING GUIDANCE

As a team, we will identify areas of focus, goals, and action steps towards your holistic health. I am here to guide you through the process of setting and achieving goals in each area of your holistic health, including your physical, emotional and spiritual wellness.

## 5 NUTRITION AND LIFESTYLE GUIDANCE

Specializing in food, nutrition, and body image, my coaching focuses on empowering you to embrace your relationship with food and yourself as you learn ways to support yourself through nutrition and herbal medicine.

## PAY UP FRONT

- 1 Ready to get take the first steps on your wellness journey? Pay upfront for your three month journey, and let's get started!

## PAY AS YOU GO

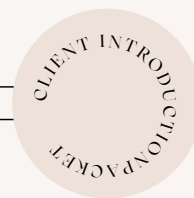
- 2 Not ready to pay all at once? No problem! Want to explore what health coaching is all about? I got you! The pay-as-you-go option is a great way to get started on the wellness path in a way that is nice to your budget.





# THE FINALS – POLICIES & MORE





## SESSION CANCELLATION POLICY

1

Please call/text or email me at least 24 hours in advance if there is a need to reschedule. If you fail to provide 24 hours notice to reschedule, your appointment will be forfeited. I realize that on rare occasions emergencies do occur so if this should happen please contact me at your earliest convenience and we will reschedule before the end of your billing cycle\*.

## PAYMENT POLICY

2

If any installment payment should default, the Client will have seven (7) days to rectify the situation. Any scheduled coaching session(s) will be postponed until payment is received within the 7 days. If a Client should default on any payment, the result may be cancellation from the Program and the Cancellation Policy will apply. An N.S.F. or credit card decline will result in penalty from our payment processing company in cases of payment default.

## CONFIDENTIALITY POLICY

3

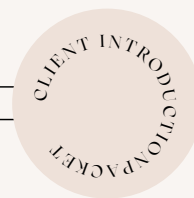
My goal is to create a safe environment for my clients to openly share. Our meetings are completely private and confidential, except where prohibited by law or if you are in danger of harm to yourself or others. However, if you would like to tell others about the success and growth that comes from our work together that is wonderful and encouraged.

## TERMS OF COACHING

4

The Coaching Programs are created and sold as whole packages and cannot be altered or partially completed in any way. If you are enrolled in continuing Coaching for a number of sessions, unused sessions due to early termination of the program may not be eligible for refund, credit or transfer.

# FREQUENTLY ASKED QUESTIONS



---

**QUESTION**      *What is a health and wellness coach?*

**ANSWER**      Health coaching is a confidential and supportive partnership between you and the health coach. It effectively motivates and encourages behavior change to help you meet your health and wellness vision and goals

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**QUESTION**      *How can coaching help me reach my goals?*

**ANSWER**      Health coaching guides you in charting your path toward wellness and helps you take a series of small, doable steps that become long-lasting, meaningful and powerful changes.

---

**QUESTION**      *What aspects of my life can I address with my coach?*

**ANSWER**      Eating habits/nutrition, finances, health maintenance, life satisfaction, physical activity, sleep and relaxation, stress and weight management, relationships, spiritual practices, and mindset are all areas that you can discuss with a health coach. It's your choice as to what you want to focus on to improve your well-being.

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**QUESTION**      How is a coach different than my other healthcare providers?

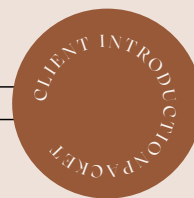
**ANSWER**      In primary care visits, the provider is the expert and often prescribes treatment. In wellness coaching, you are the expert decision maker for your life, while the coach guides you in setting and reaching your goals. Empowering you to take control of your our holistic wellbeing, is the goal of health coaching.

---



## WHY WORK WITH ME?

# WHY ME?



1

Food and nutrition have always been at the center of my personal wellness journey. Finding spiritual nourishment in intentional eating practices, connecting to nature and her cycles, and celebrating the extraordinary human body are all gifts that I want to share with my clients. My goal is to help you connect to yourself and your plate in ways that allow you to nourish every aspect of your health.

2

My personal wellness journey began in a place that may be too familiar to too many. - feeling disconnected and often resentful of my body, overwhelmed with a sea of conflicting health information, and more likely to view food as the enemy than as medicine. Through my professional and personal life, I have found and utilized tools of mindfulness, self-love, and gratitude to transform my relationship with nourishment and myself. These tools, and this transformation is one that I hope to inspire in my clients. through nutritional guidance, as well as exercises and practices to allow you to cook and eat from a place of empowerment and confidence.

3

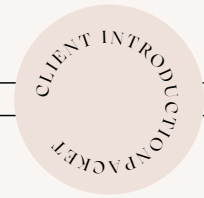
As a coach, I look at each client as bioindividual, meaning that no health journey looks the same. The sheer number of wellness practices and resources available today allow you to choose exactly which lifestyle practice will serve you best. Throughout our sessions, I hope to introduce you to the benefits of some of these health practices, whether that be yoga, meditation, gratitude journaling, or even herbal medicine. As a team, we will identify and explore many supplemental tools for you to add to your own wellness toolbox. Get curious!

4

The health and wellness field is always growing and changing, meaning the amount of new tips and practices to sort through are never ending. Luckily, I consider myself to be a forever student, dedicated to constant learning and personal growth for the benefit of myself and my clients. Whatever your unique health focus, I am committed to helping you identify and navigate the best possible lifestyle choices for you.



## MY CREDENTIALS



### **INTEGRATIVE NUTRITION HEALTH COACH**

I will receive my certification as a Certified Nutrition Integrative Health Coach through the Institute for Integrative Nutrition in Spring 2023. This training has further equipped me with tools, knowledge, and skills that I can use to better serve my clients.



### **CERTIFIED NUTRITION RECOVERY COACH**

In 2019, I received my certification from the Addictions Academy as a Nutrition Recovery Coach. Through this certification, I received specific tools for working with clients to overcome issues around food, substances, and addiction



## **CERTIFIED WELLNESS PRACTITIONER**

In 2018, I completed training through the well-known National Wellness Institute for Wellness in Clinical Practice. This training created the foundation for my coaching journey, and introduced me to the essential tools for promoting holistic wellness using evidence based coaching skills.

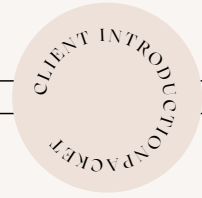


## **REGISTERED YOGA TEACHER, E-RYT200**

In 2015, I graduated as a Yoga Alliance Registered Yoga instructor. My foundational training allowed me to begin instructing asana, pranayama, and mindfulness in group and individual settings. Additional certifications have given me additional tools in trauma-related mindfulness, Yoga for Addiction Recovery, and Thai Yoga Therapy. These tools provided important tools that clients may benefit from as they experiment with lifestyle medicine and complimentary health practices.



# NEXT STEPS



## SO WHAT NOW?

Ready to take the next steps towards your health and wellness dreams? I'm so excited to work with you on what will be a transformative journey. I look forward to building a supportive coworking relationship with you over the next few months. So where do we go from here?

## COMPLETE ONLINE HEALTH HISTORY QUESTIONNAIRE



If you haven't already, complete the Health History Questionnaire, which will give me insights into your health history, current health status, and overall wellness goals.

## REVIEW NEW CLIENT WELCOME PACKAGE



Make sure that you review the contents for your coaching package, as well as the welcome packet, which will include important and necessary outlines, forms, policies, and procedures.

## SCHEDULE YOUR FIRST COACHING SESSION



Now it's time to get started! Booking your first session is easy. Simply click the "book now" button on the Body Love Coach website or Instagram. You'll be taken to my calendar, where you can find the time that works for you to get started on your coaching journey!

## GET IN TOUCH





## MY PROMISE TO YOU

I want to help you break through the chatter. The self-limiting thoughts, beliefs, and self-talk that keep us in our current patterns and cycles. My goal is to help you reframe the attitudes that many of us have deeply engrained around food, nutrition, our bodies, and ourselves. I want to help you to step deeper into your relationship with nourishment, including the food and nutrition found on our plates, but in every other area that we find nourishment – our homes, our careers, relationships, hobbies, goals, and communities. I want to help you come home to your body as it's best friend and primary care provider. I am here to remind you that you have the necessary tools and knowledge already, to heal and grow yourself, by yourself. You are so totally enough. You are whole. As your coach, it is my job to unlock that knowledge and empower you as you navigate your journey towards your optimum holistic wellness. I want to help you to not only grow and reach your goals, but thrive and celebrate yourself during every step of the process.

I can't wait to begin this journey with you!

♡ The Body Love Coach



THANKS FOR READING!  
I'M EXCITED TO HEAR  
FROM YOU!

