



# Body Confidence Coaching

Change your body. Change your life

## Make your health and wellbeing a priority and transform your relationship with food at Natasha Fletcher's NLP and weight management workshops

Natasha Fletcher is a Weight Management Consultant, NLP Practitioner and Behaviour Change Specialist.

*"I help people regain control of their lives, lose weight, and create a healthy lifestyle"*

- Have you tried to lose weight and nothing seems to work?
- Are you frustrated about being stuck in a never-ending cycle of yo-yo dieting?
- Do you struggle with emotional eating or wonder why you eat when you are not hungry?

### Would you like to:

- Alter the way you think and feel about yourself?
- Identify triggers and underlying reasons which cause you to overeat?
- Learn how to change unhealthy eating habits and make long-term lifestyle changes?

### Body Confidence workshops will show you how to:

- Develop a new way of thinking to achieve your weight-loss goals.
- Understand your emotional response to food.
- Create a personalised plan for a healthy lifestyle.

### If dieting doesn't work, what is the answer?

The problem with diets is that they do not address the underlying reasons behind unhealthy eating habits. People put a huge amount of emotional energy into dieting, leaving them feeling drained and unmotivated and believing they do not have the willpower to lose weight. Using willpower to resist food cravings even when you are hungry is the wrong strategy and can lead to emotional eating and other food problems.

Body Confidence workshops will help you gain a fresh attitude towards health and wellness. You will learn how to reclaim control of your thoughts and discover how to stay slim and healthy.

Natasha's weight-loss and NLP techniques will make it natural for you to choose positive and empowering healthy behaviour. They will also reveal why your attempts to lose weight have probably failed - and why 95% of dieters put all the weight back on. You will learn how to listen to your emotions and be conscious of your distracting behaviour. This will allow you to make new and healthy choices to your diet quickly and easily.

You will change from within with techniques to help understand your personal struggles with weight-loss. Natasha will provide you with personalised tools to help you reach your goals, your way. You will reprogramme your weight-loss mind-set and unlock the secrets to health, wellness and long-term success.