

Phone/Skype Health Coaching - 4 Sessions



Product Code: MC-Coaching-3

Price: \$329.00

Short Description

Coaching Service

Description

4 Sessions 20-30 minutes each, Personal Coaching Service

Weekly/fortnightly Skype/phone consult with an accredited dietitian. Motivation, education and support. Health coaching and wellness tools to create health and wellbeing. Includes meal ideas and PDF education sheets.