

12-WEEK ONE-TO-ONE HEALTH COACHING

# Get your energy back without adding one more thing to the list

For women in midlife carrying demanding work and caring for others, whose own sleep, meals and health always come last.

[Book a free 20-minute fit call](#)[See the full 12-week plan](#)

8 private sessions · Online · £1,500

*You matter too.  
Love, Rachel xx*

WHO THIS IS FOR

## Your health plan keeps losing to your actual week

You know the basics. The problem is applying them between early meetings, ageing parents, teenagers, interrupted sleep and a fridge shared with everyone else.

This programme is for women aged 40 - 55 who are tired of restarting strict plans. It is not for acute symptoms, eating disorders or medical treatment; those belong with an appropriate clinician.

THE CORE OFFER

## One 12-week coaching programme, built around your real constraints

This is private coaching, not a course, membership or group. We meet online eight times. There are no recorded modules and nothing to "catch up" on.

01

### Understand what is draining you

We review a typical fortnight: sleep, meals, movement, workload and caring commitments. You leave with two priorities, not twenty rules.

02

### Test changes in real life

Each week you try one or two practical adjustments. We keep what works on late shifts, school nights and stressful days, then discard what does not.

03

### Build a plan you can maintain

The final weeks turn your successful experiments into a repeatable routine, including a plan for travel, illness and unusually busy periods.

#### WHAT YOU ACTUALLY GET

## Everything included, no add ons or upsells

The aim is steadier energy and routines you can repeat. These are the practical pieces used to get there.

#### The honest workload

Allow about two hours a week: your session or check-in, planning and trying the agreed changes. You will need to track a few basics and have awkward conversations when your routine depends on other people.

✓ 8 private 50-minute video sessions across 12 weeks

✓ A written weekly plan built around your diary, budget and household

✓ Food, sleep and energy review before our first session

✓ Weekday voice-note support for questions between sessions

✓ Two 20-minute check-ins during the busiest weeks

✓ A personal maintenance plan for the three months after coaching

#### Format

8 online 1:1 sessions over 12 weeks



#### Time required

Around 2 hours each week



#### Investment

£1,500 or 3 monthly payments of £520

#### WHAT CLIENTS SAY

## What changed, in their own words



"I was skipping lunch, grazing at 5pm and ordering food after late calls. We made three lunches I could assemble in five minutes and moved my hardest meeting. By week eight, the 5pm crash was no longer running my evening."

Helen, 47, Operations Director, Kendal



"I kept designing perfect Monday routines and abandoning them by Wednesday. Rachel helped me build a minimum version for weeks when Mum had appointments. I have followed that version for ten weeks without restarting."

Amina, 51, Solicitor, London

#### YOUR COACH

## Rachel Morgan

Fictional registered nutritionist and certified health coach

Before coaching, Rachel spent eleven years designing workplace wellbeing programmes for hospital and local-authority teams. She specialises in helping women who want to be healthy but they have an overloaded calendar.

That is why the work starts with your diary, household and responsibilities, not an idealised morning routine. Every recommendation is tested against an ordinary difficult week before it becomes part of

your plan.

CURRENT AVAILABILITY

## Two coaching places open in October

Rachel works with eight private clients at a time. If those places go, the next planned start is January. There is no countdown and the price will not change while you decide.

[Book a free 20-minute fit call](#)

No sales script. Bring your typical week and the result you want.

### Also available

Workplace workshops for organisations supporting women through midlife. Private coaching remains the main offer.

Vibrant You Health