



Ann-Marie James MA

BACP Accredited Counsellor & Psychotherapist / Precision Nutrition Certified Coach

Nutrition & Lifestyle Coaching Programmes

Personalised Nutrition Coaching

Hone your nutrition for health optimisation or athletic performance. Pay per session or a package of 5 sessions includes:

- Support in setting effective goals
- Nutritional review and recommendations
- A set of macros/portioning plan to help you understand how much and what to eat to fuel your health
- 4 follow-up sessions (1 x 45min, 3 x 30min)

Personalised Nutrition Coaching Package: £295. Add on further 30min follow-ups as needed: £30 each

Nutrition for Psychological Health

There is a growing body of scientific evidence for the use of nutrition and lifestyle therapy for improved psychological health. I am in the unique position of being able to combine many years' experience as a psychotherapist with nutrition & health coaching qualifications. This has led me to offer a health coaching package specifically for clients who wish to improve their psychological wellbeing through lifestyle change and personalised nutrition.

This programme can be used:

Alongside counselling or psychotherapy with another therapist

Alongside medication for depression or anxiety

As an alternative to psychotherapy, counselling or medication for low mood/anxiety (with medical permission)

As a preventative measure if you are prone to anxiety/depression

Nutrition for the Psychological Health: 8 sessions over three months @ £60 per session or £450 for all 8 sessions.

All services use research-based interventions.

All services are available in person or online. An initial 20 minute consultation is available free of charge to see if the above services are right for you.

I abide by the professional code of ethics for the National Health Coaches Association (USA) and the British Association for Counselling & Psychotherapy.

Mind Garden Therapy Centre