

Fabulous after 50

– A new beginning –

Is a new, **innovative programme** designed by women for women, to help you feel **happy, healthy and confident**.

Turning 50 is a major milestone for most women. You find yourself dealing with changes in your body, your family, your job and this is making you feel **confused, tired, demotivated**. But it's also a time in which you can evaluate what's important and what's not and decide if, where and when a change is needed. Helping you turn those changes into opportunities and enjoy your new freedom is the core of **Fabulous after 50, our health & mind programme**.

With our combined **health and mind approach** we will help you gain new energy, feel more comfortable in your body, let go of non-essential concerns, open your mind to new things (career change, going back to school, moving to a new location, enjoying old and new relationships), deal with body changes, improve aspects of life you've been unhappy with for years.

This programme is for you if:

- You need help finding a new direction in your life
- You're feeling sad and lonely because your children have left the nest
- Your body is changing and you are struggling with excess weight
- You feel you need a change in your career but do not know where to start
- You feel tired and unmotivated
- You need help rebuilding self-confidence and self-esteem
- You've gone through a separation/divorce and feel lost
- You're worried about ageing and need guidance to make the most out of it

ABOUT THE PROGRAMME:

- 12 sessions over 12 weeks, face-to-face/online
- one-on-one
- each session specifically designed for your own needs
- email support in-between sessions

In your **Health** sessions you will:

- Discover what to eat for your unique body type

- Learn lifestyle solutions for chronic health issues
- Learn simple techniques to gain more energy
- Lose excess weight
- Turn healthy habits into behaviours that last
- Have simple action steps in-between your session to help you achieve your goals

In your **Mind** sessions you will:

- Discover how to go through this time of your life with focus, power and clarity
- Learn how to deal with all the changes in your body and mind
- Regain energy, balance and optimum wellbeing
- Improve your quality of life
- Learn practical exercises to overcome stress and anxiety
- Discover how to reinvent your life and follow your dreams (old and new), feel empowered and supported

Drop us a line to book your free, initial consultation, where you will discover what is stopping you or slowing you down from achieving your desired goals develop a powerful vision of what you truly want for yourself, your life and your health get crystal clear on how to be the best version of yourself:

westlondonlifecoaching@gmail.com

ceciliahealthcoaching@gmail.com

What do you think?

Caterina & Cecilia

Caterina is a confidence and wellbeing coach. She works between the UK and Italy and has helped women from different countries and any walks of life find new freedom and fulfilment and get into the best shape of their lives (mentally and physically).

www.westlondonlifecoaching@gmail.com

Cecilia is a medical doctor and health coach. She works with people over 30 who struggle with lifestyle diseases (excess weight, high cholesterol, type 2 diabetes, high blood pressure) so that they can take control of their health and and life to enjoy family and friends for as long as possible. www.smokyvegan.com

INVESTMENT

From £ 1.790.00

Benefits/Bonus

- Follow-up session after 1 month
- Hortus conclusus vis. exercise podcast

- Diet sheet
- Email support between sessions and for the following 2 months after the completion of the programme
- Design a personalised diet TBD