

The ETPHD method

Make lifelong change to your relationship with food, your body & your health



The ETPHD Method

All coaches in this team are Certified Nutritionists and use the ETPHD Method.

What you'll achieve*:

- Improved relationship with food
- Reduced food preoccupation
- Reductions in emotional & overeating
- Improved body image
- Improved health
- Menstrual cycle restoration
- Body composition changes
- A life no longer governed by food

What you'll get:

- Nutrition, lifestyle & mindset analysis
- Example nutrition plan
- Habit development & behaviour change
- Therapeutic strategies for self-support
- Training programming*
- Unrivalled compassionate support & accountability

Six strands of focus:

- Values-aligned goal setting
- Nutrition education
- Re-establishment of internal cues
- Mindfulness
- Self-compassion
- Emotional regulation

*where appropriate / desired

Anna Munday

Anna

**Head Coach
EIQ Certified Nutritionist
Trainee Counsellor
Personal Trainer**

NUTRITION & LIFESTYLE - £309

ETPHD Method Coaching

**Contact:
Weekly check-ins and updates
WhatsApp support
+60 minutes zoom support per month**

NUTRITION, TRAINING & LIFESTYLE - £349

**ETPHD Method Coaching
+ Training programming**

**Contact:
Weekly check-ins and updates
WhatsApp support
+60 minutes zoom support per month**

COACHING & MENTORING - £409

**ETPHD Method Coaching
+ Training programming
+ Business mentoring & supervision**

**Contact:
Weekly check-ins and updates
WhatsApp support
+60 minutes zoom support per month**



Dr Emilia Thompson BSc MSc PhD RNutr

Emilia has worked with thousands of clients and professional athletes to minimise and eradicate unhealthful eating behaviours, improve self-compassion, mindfulness, body composition and overall lifestyle.

She does not take clients personally, but developed the ETPHD Method after years of coaching & research, and works with all coaches to utilise this in a similar manner.



When you're happy to get started, reply to Emilia or email info@emilia.fitness to get things moving.

Make sure to mention if you have a preference in coaches, otherwise Emilia will match you with the best fit for you.