

The **ETPHD** method

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

It's time to come home to yourself...

The **ETPHD** method

**ALL COACHES IN THIS TEAM USE
THE ETPHD METHOD.**

WHAT YOU'LL ACHIEVE*:

- IMPROVED RELATIONSHIP WITH FOOD
- IMPROVED CONNECTION WITH SELF & OTHERS
- 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
- UNRIVALED COMPASSIONATE SUPPORT &
ACCOUNTABILITY

SIX STRANDS OF FOCUS:

- VALUES-ALIGNED GOAL SETTING
- NUTRITION EDUCATION
- SELF-REGULATION
- MINDFULNESS
- SELF-COMPASSION
- EXERCISE & MOVEMENT FOR HEALTH

*WHERE APPROPRIATE / DESIRED



HOLLY PRIESTLAND

PGCERT PSYCHOLOGY & NEUROSCIENCE
CERTIFIED NUTRITIONIST
PERSONAL TRAINER

1ON1 NUTRITION COACHING

**1ON1 WITH MONTHLY
OR BIWEEKLY CALLS**

£269/MONTH
1X45 MINUTE OR 2X 20
MINUTE CALLS EACH
MONTH, WEEKLY WRITTEN
CHECK IN AND REPLY

1ON1 WITHOUT CALLS

£219/MONTH
WEEKLY WRITTEN CHECK
IN & REPLY

OPTIONAL TRAINING ADD-ONS

GROUP STRENGTH PROGRAM

£ 20/MONTH

CUSTOM PROGRAMMING

£ 50/MONTH

ALL TRAINING PROGRAMS
DELIVERED THROUGH THE
TRUECOACH APP

@HOLLY_ETPHDCOACHING
@ETPHD_COACHING

The **ETPHD** method

ETPHD COACHING HAVE WORKED WITH THOUSANDS OF CLIENTS AND PROFESSIONAL ATHLETES TO MINIMISE AND ERADICATE UNHEALTHFUL EATING BEHAVIOURS, IMPROVE SELF-COMPASSION, MINDFULNESS, SELF-CONNECTION, BODY COMPOSITION AND OVERALL HEALTH.

WHEN YOU'RE HAPPY TO GET STARTED, REPLY TO EMILIA OR HOLLY, OR EMAIL INFO@EMILIA.FITNESS TO GET THINGS MOVING.