

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

Roslyn Gray

DIETETICS & LIFESTYLE COACHING – £299

**ETPHD Method Coaching
Dietitian-led coaching**

**Contact:
Weekly check-ins and updates**

PREMIUM DIETETICS & LIFESTYLE COACHING – £349

**ETPHD Method Coaching
Dietitian-led coaching**

**Contact:
Weekly check-ins and updates**

2*30 min zoom support per month

Roslyn

Registered dietitian (HCPC)

Yoga teacher.

**Specialising in eating
disorders and disordered
eating.**



***Price per month**

CLINICAL & PSYCHOLOGICAL SUPPORT

We are very pleased to offer a bespoke service combining dietetics and therapy for those with more challenging disordered eating habits or eating disorders. These challenges usually require both dietetics (clinical nutrition) and therapeutic support, which as standalone services prove to be costly and sometimes, opposing in support. Bekka, an ETPHD coach, is a Counsellor and Trainee Psychotherapist, qualified and experienced in supporting dysfunctional relationships with food using integrative modalities. Both Roslyn and Bekka are experienced within the fitness and wellness space, so appreciate the complexities and challenges it brings.

DIETETICS & PSYCHOTHERAPY - £549

ETPHD Method Coaching
Dietitian-led coaching
Therapy

Contact:
Weekly check-ins and updates

Bi-weekly 30minute zoom session with Roslyn
Bi-weekly 50 minute zoom session with Bekka



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.**