

*"I believe that every woman deserves to feel great in her body!" ~ NAME.*

If you are a super busy person, who finds it nigh on *impossible* to carve out time for yourself... If you feel unhappy with your body... If you are stressed, overweight and put everyone else's needs before your own...

*You are in the right place.*

I'm so glad you are here...

It's my mission to give you the tools to lose weight, feel good and be at home in your new body...

Hi I am NAME, and I used to be 5 stones heavier!

But I wasn't just bigger - *I was also miserably unhappy!*

We all have obstacles in our lives to overcome, that is why we become emotional eaters... It's why we overeat - I would guess that there are defining moments in your life that caused you to develop these habits.

I lost both my parents very early in life.

What I can remember about that time was the fear, loneliness and confusion I felt.

I remember feeling like MY life had ended. I watched as though viewing a movie... and I wondered '*how can life go on like normal*'

The next few years were a fog.

I ate to cope... *and the weight piled on.*

I was eating in an attempt to change my state, to feel better - But it never really worked for me.

*Have you experienced similar in your life?*

As time went on I became busy. *Really* busy (like you are). I went to university as a mature student and threw myself into my studies.

But I was putting everyone else's needs before my own...

I lost touch with myself.

*Do you feel the same?*

I would bet you sometimes feel like that too - Like you are the last priority on a long list.

During a holiday to Cyprus in 2008 I saw some holiday snaps of myself.

I felt SHOCKED! I was much heavier than I had realised. *I looked awful.*

I felt ashamed! *How had I let it come to this?*

In that moment I resolved to change...

Following that I had several failed weight loss attempts (familiar with those)?

Until I finally managed to lose the weight for good using Weight Watchers and a set of principles which I have now come to call The 5 Steps (link to The 5 Steps).

In fact I did so well that I was featured as a 'success story' and became a weight loss coach. I've since coached hundreds of women, helping them to lose weight using the same approach.

Although I got results with Weight Watchers, I don't advocate one diet plan or program, rather I teach you how to use The 5 Steps as a framework upon which ANY diet plan can be successful.

*How would it feel if you could lose the excess weight, reduce your stress AND carve out some 'me time' for yourself?*

Sounds impossible right?

*It's not!*

You just need some new habits. And I can help you with that.

I believe in food as medicine - Being from a Chinese family I also have in interest in TCM and I love cooking spicy food! I enjoy meditating and think breathing techniques are like magic.

Drawing on all of these practices I help women like you to lose the excess weight for good, *and feel better.*

It's been 8 years now and I have *maintained* the weight loss.

More than that though, *I feel energised* - I have a new lease of life and using the 5 Steps I have managed to build 'self care' into my schedule.

*The feeling is indescribable* - Like being on top of a mountain.

I want the same for you. I'm here to show you how you can have this in your life too.

*So, let's get started.*

NAME.