

Society Of Self-esteem Weight Management Services

Services perfect for you if you're new to losing weight:

- Personalised Dietary Analysis £40 - page 2
- Kick-start your lifelong weight-loss Individual assessment £60 (Save £10) – page 2
- Kick-start your lifelong weight-loss Short course £200 (Save £50) – page 3

Services perfect for you if you're ready to break-free from yo-yo dieting:

- No More Diets! Individual assessment £60 (Save £10) – page 4
- No More Diets! Short course £260 (Save £60) – page 5
- No More Diets! Intensive course £800 (Save £150) – page 6

Standard hourly rate = £70/hour

NB

Email louise@societyofselfesteem.com for details of payment options.

All courses can be tailored to your individual needs – see following pages for more details on each service.

Any health issues relating to diet and weight management will be taken into consideration. However please note that this is not a medical service; please seek advice from your GP/physician if you have any concerns.

Terms and conditions apply; see the end of this document for more information. Please read the cancellation policy before booking your appointment.

Lifelong Weight Management Services; Information

Personalised Dietary Analysis

£40

Perfect if you just want some recommendations on how to improve your diet

What do you get for your money?

- Download easy to use diet diary to use to record all the food and drink that you eat over the course of a week (you then send it back to registered Dietitian Louise for analysis)
- Download information on what healthy eating really means with a no-nonsense guide on portions and how to put together balanced meals
- Download the easy to use portion counter to keep track of your portions
- Get personalised recommendations from registered Dietitian on how your diet could be improved

Kick-start your lifelong weight-loss individual assessment

£60

Perfect if you've never tried to lose weight before and you just want to know how to get started. This session will help you to take stock of where you are right now in your weight management journey and give you the information to get started.

You can be seen via skype or Louise can visit you in your own home/workplace in the Shrewsbury area.

No obligation to book further reviews.

What do you get for your money?

- 1 hour-long one-to-one consultation with registered Dietitian Louise
- Structured session assessing your levels of confidence/motivation around weight
- Guidance on healthy eating, portion size and how to construct balanced meals
- Easy to use guides on healthy eating, portions and a portion tracker
- Help setting some small but significant goals to get your weight-loss going
- Save £10 on usual hourly rate (Standard hourly rate £70)

Kick-start your lifelong weight-loss short course

£200

Perfect if you've never tried to lose weight before and you want to learn the essential skills for getting started with losing weight and keeping it off for life.

You can be seen via skype or Louise can visit you in your own home/workplace in the Shrewsbury area.

No obligation to book further reviews.

What do you get for your money?

- 'Kick-start your lifelong weight-loss' individual 1-hour assessment (see page 2 for details)
- Personalised Dietary Analysis (see page 2 for details)
- 1 hour-long session on essential skills for lifelong weight-loss including self-motivation and changing behaviours for life
- 2x 30min reviews (taken weekly or fortnightly)
- £250 worth of support for the price of £200! (based on a total of 3 hours of one-to-ones at £70/hour plus the price of the dietary analysis at £40)
- The benefit of having someone to be accountable to while you get into a routine of making changes to your lifestyle, as well as learning the key skills for doing it by yourself in the long-term.

No More Diets! Individual assessment

£60

Perfect if you've yo-yo dieted for years and you've developed a difficult relationship with food. This session will help you to reflect on your thoughts and feelings around food, weight and weight-loss. The consultation will help you understand your motivation to lose weight and how Louise can help you.

You can be seen via skype or Louise can visit you in your own home/workplace in the Shrewsbury area.

No obligation to book further reviews.

What do you get for your money?

- 1 hour-long one-to-one consultation with registered Dietitian Louise
- Structured session assessing your levels of confidence/motivation around weight
- Discussion designed to help you reflect on your previous attempts at weight-loss and to evaluate your current mindset
- Guided exploration of the areas that you are struggling with and therefore where Louise can help you
- A chance to voice your concerns regarding making lifelong changes and to really be listened to
- Clarity on what has been holding you back from lifelong weight management and identification of what you need to work on and how.
- Save £10 on usual hourly rate (Standard hourly rate £70)

No More Diets! Short course

£260

Perfect if you've struggled to lose weight before and want to go back to basics and learn the skills necessary for losing weight and keeping it off for life.

You can be seen via skype or Louise can visit you in your own home/workplace in the Shrewsbury area.

No obligation to book further reviews.

What do you get for your money?

- 'No More Diets!' Full individual 1-hour assessment (see page 4 for details)
- Personalised Dietary Analysis (see page 2 for details)
- 1 hour-long session on healthy eating/portion size, including how to construct balanced meals while still enjoying the foods you love.
- 1 hour-long session on essential skills for lifelong weight-loss including self-motivation and changing behaviours for life.
- 2x 30min reviews (taken weekly or fortnightly)
- £320 worth of support for the price of £260! (based on a total of 4 hours of one-to-ones at £70/hour plus the price of the dietary analysis at £40)
- The benefit of having someone to be accountable to while you learn the key skills for doing it by yourself in the long-term.

No More Diets! Intensive course

£800

Perfect if you're stuck in a cycle of yo-yo dieting and want to learn the skills necessary for losing weight and keeping it off for life.

You can be seen via skype or Louise can visit you in your own home/workplace in the Shrewsbury area.

No obligation to book further reviews.

What do you get for your money?

- 'No More Diets!' Full individual 1-hour assessment (see page 4 for details)
- Personalised Dietary Analysis (see page 2 for details)
- 1 hour-long session on healthy eating/portion size, including how to construct balanced meals while still enjoying the foods you love.
- 1 hour-long session on essential skills for lifelong weight-loss including self-motivation and changing behaviours for life.
- 1 hour-long session on pinpointing your unhelpful thinking, how to break these thought patterns and eat more mindfully.
- 1 hour-long session on managing hunger and ending emotional eating.
- 1 hour-long session on dealing with cravings.
- 1 hour-long session on becoming more assertive to deal with those food pushers and saboteurs.
- 12x 30min reviews (recommended: 1st 6 reviews taken weekly then the next 6 reviews taken fortnightly)
- £950 worth of support for the price of £800! (based on a total of 13 hours of one-to-ones at £70/hour plus the price of the dietary analysis at £40)
- The benefit of having someone to be accountable to while you learn the key skills for doing it by yourself in the long-term.

Email louise@societyofselfesteem.com for details of payment options.

Terms & Conditions for Society Of Self-esteem services

- A Society Of Self-esteem consultation ('the consultation') consists of an individual one-to-one meeting (or meetings) either in person or via Skype between Society Of Self-esteem Weight Management Consultant Louise Tanner-Stokes and you ('the client') to take place at a time and date agreed between Louise and the client.
- The length and cost of the consultation (and where necessary, the number of consultations) are as stated in the description above for each service.
- Full payment must be received at least 48 hours prior to the agreed time/date of the consultation in order to confirm this time/date.
- On receipt of payment, Society Of Self-esteem commits to providing the consultation to the client.
- Payment for the following services is non-refundable
 - Personalised Dietary Analysis
 - *Kick-start your lifelong weight-loss* individual assessment
 - *No More Diets!* Full individual assessment
- Payment plans are available for courses – separate terms and conditions apply
- Society Of Self-esteem reserves the right to remove or cancel the consultation at any time. In this circumstance, the client will be offered an alternative time/date or a full refund.
- On completion of the consultation there is no obligation to book further appointments.
- Further consultations are charged at the standard rate of £70 per hour. The length/frequency of these consultations to be decided by the client and discussed with Louise.
- While Society Of Self-esteem makes every endeavour to support all clients in getting the most out of ongoing consultations, the nature of weight management is such that any and all outcomes are not guaranteed. The client's success will depend on their commitment, efforts and motivation to use the tools provided by Society Of Self-esteem.
- Society Of Self-esteem is committed to equal opportunities and diversity and as such will make every reasonable effort to support all clients in any special requirements they may have.
- Materials/tools provided by Society Of Self-esteem are for personal use only and must not be reproduced in any manner other than for personal use.
- By submitting payment, the client is agreeing to these terms and conditions.

Cancellation policy

- Cancellation of consultations with at least 48 hours' notice will be refunded subject to deductions of (1) the cost of any non-refundable services (see Terms and Conditions above for details of non-refundable services) and (2) the cost of any part of the service already used.
- Cancellations made with less than 48 hours' and more than 24 hours' notice will be refunded at 50% of the cost after deductions have been made as per point above.
- Cancellations made with less than 24 hours' notice will not be refunded.

If you wish to rearrange your consultation, please give at least 48 hours' notice. Consultations rearranged with less than 48 hours' notice will incur an admin fee of £10 payable 48 hours prior to new date in order to confirm new date.

For more information or queries please contact Louise: louise@societyofselfesteem.com