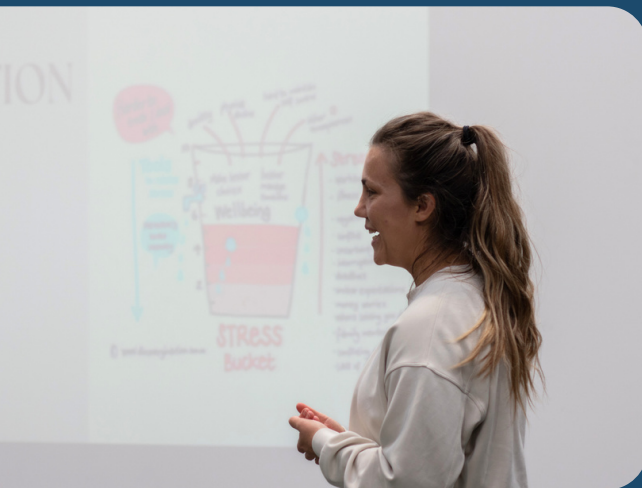


# WHO I CAN SUPPORT

I have experience in Holistic Wellbeing and Lifestyle Medicine. I can support those living with challenges and concerns around the five Wellbeing Pillars:

- Nutrition
- Movement
- Sleep
- Stress
- Relationships



Holistic Health Coach

## MORGAN SPITTAL



I'm a Registered Nurse with further training and education in Lifestyle Medicine. I am an Integrative Nutrition Health Coach, with experience in Behaviour Change Therapy and Acceptance and Commitment Therapy (ACT). I support you to navigate your unique challenges, creating goals that are realistic and sustainable over the long term.

Let's meet for a **Discovery Call** to find out the best coaching plan for you and your needs

Getting you moving **better**, feeling **stronger** and living **healthier**



## WHAT I OFFER

- Focused Coaching Session
- 3 or 6 Month Coaching Programs
- Bespoke Coaching Program

### PRICING *(exc. tax)*

\$125 per session

*3-month program:*  
\$115/session (6 sessions)

*6-month Program:*  
\$100/session (12 sessions)

*Bespoke Coaching Program:*  
POA