

HOLISTIC HEALTH COACH PROFILE

Anamika Jalalvand

How do you book me?

Email: bonsai-mindset@hotmail.com
or ask at reception for my details



My Qualifications

Holistic Health & Wellness Coach

Level 5 Diploma

Including: Health
Transformation Coaching
Life Coaching
Wellness and Nutrition
Emotional Wellbeing

Academic:

Level 5 Diploma
MA & BA(Hons)

About me

Hello, I'm Anamika and I'm a Certified Holistic Health and Wellness Coach, here to support your overall wellbeing.

Alongside your fitness goals at this centre, you may wish to address particular health or lifestyle challenge/s that you currently have.

My 1:1 Personalised Health Coaching Sessions can help you to achieve the following goals:

- Improve your diet and keep your blood sugar balanced
- Improve sleep and reduce stress
- Achieve work-life balance and create all important 'me' time
- Create strategies to improve feelings of wellbeing and happiness
- Weight management
- Increase confidence, find a new life purpose... *and much more.*

'Change can feel overwhelming sometimes, but when you have a clear plan for moving forward, change can be exciting, purposeful and motivating.'



Contact me by email: bonsai-mindset@hotmail.com and we can arrange a **30-minute Free Discovery Session** either online or in person here at the centre. Check my website for further details: www.bonsai-mindset.com 😊

MOREPT

let's do
MORE