

## HOLISTIC HEALTH COACH PROFILE

# Anamika Jalalvand

### How do you book me?

Email: [bonsai-mindset@hotmail.com](mailto: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](mailto: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](http://www.bonsai-mindset.com) ☺

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