



Diet Coaching Workshops

Our Diet Coaching workshop programme consists of four one-day modules which run once every 2-4 weeks and are designed for small groups of individuals.

Module 1

Using Transactional Analysis, a theory of personality, we look at how we affect those around us and how they affect us, so that we can create healthy relationships with ourselves and others. We look at how listening to the critical voice inside our own heads can cause us to become stuck in the diet/binge cycle, a never ending pattern of calorie restriction and feelings of failure.

We look at what food really means to us and examine the deeper beliefs we have about body size. We look at the subject of ambivalence. Wanting to be thin but wanting to eat everything we want, brings many a struggling dieter to their knees.

Towards the end of the day we switch from our head to our body and take a look at the 'Evolution of Man.' How did Homo sapiens spend their day and why didn't they struggle with their weight?

Module 2

We look at where our habits of giving and receiving recognition came from and how that affects us now.

Switching again to our body we spend the afternoon looking at what food manufacturers can and can't claim and learning how to read food labels.

Module 3

We all get hooked into negative interactions, things such as :- Does my bum look big in this? If it weren't for my size I'd... Help me lose weight, I can't do it if you're still eating that... Are just a few examples. We analyse these negative repetitive conversations and learn how to step out of the 'Game' to reclaim our power.

Moving on to our body again we use food diaries kept through the previous week, to look at our diet in terms of food portions and the Eatwell Plate.

Module 4

More than just physical hunger, we have psychological hungers. Things such as a hunger for recognition, contact, and stimulus, drive us to make choices out of our awareness. Using this concept we look to see where we are using food to meet these psychological hungers.

Bringing together all of the mornings exercises we examine exactly how we are structuring our day and what kind of positive and negative recognition this yields us. Analysing how we spend our time allows us to see where we can make healthier choices.

Again moving on to the body and look at exercise. It's not just about burning the fat off. Exercise offers a whole host of other health benefits and they start even before you lose any weight.

We finish the day with a brainstorming session designed to come up with as many innovative ways to add activity into your day as possible and then we get up and get moving, joining in with some fun and easy ways to get more active without the need to go to a gym.