

# FEEL GOOD LOOK GREAT

*by Marsha Parcou*

**Creating vibrant health  
that lasts**



It's all about letting go of a desire for a perfect plan and instead seeking a way to find the right balance between our mind, body and soul.

# AIM OF THE PROGRAMME

It can be difficult to juggle the many responsibilities surrounding work, family life, relationships, and personal health.

One effective way to get there is through a form of mentoring.

- The ever increasing demands on women make it hard for them to put themselves first.
- Women don't know what to do to change their bodies - we are stuck, we are discouraged and we are demotivated.
- Around 90% of our behaviour is habitual. It is automatic and we aren't taught how to work with it.
- We struggle to make changes that last, even when the need for change is obvious we often fall short.
- The diet industry keeps bombarding us with fad diets and temporary solutions that don't work in the long term.
- The average person makes the same new years resolution on ten separate occasions and never finds success.

**Why is that?** Because we don't have the right SYSTEM, SUPPORT and ACCOUNTABILITY.

# WHAT TO EXPECT

Here's what you'll experience in your sessions:

- What's been stopping you from having the body and life you want?
- We'll develop a powerful transformative vision for you and your body.
- We'll identify which food and lifestyle choices are sabotaging you from getting great health and from feeling confident. We'll understand how to change this.
- We'll embark on a step by step process to create a total body transformation in the next 60/90 days or less.
- We'll build out the necessary structure, system and support needed to help you transform your body and lifestyle once and for all.
- With me at your side, you won't have to do this alone anymore.

# THE SESSIONS

Here's what you'll experience in your sessions:

## Session 1: Set main goals

- Introduction to S.M.A.R.T Goal Setting.
- Setting main goals (long term & short term goals)
- Setting an action plan – to help you achieve your goals

## Session 2: What and how to eat is the foundation of everything

- The importance of good nutrition
- What and how to eat
- Your meal plan (setting eating goals and understanding how they will help with achieving the main goal)

## Session 3: The benefits of staying active

- The benefit of movement
- Your physical health goals
- Your training plan (optional)

## Session 4: Challenging limiting beliefs & understanding the core (building confidence).

- The structure of a limiting beliefs. To let go of a limiting belief, you must not only deprogrammed the persistent thought but also let go of the emotion that turns the thought into a belief.
- How to let off the emotion you're experiencing.
- Discuss PCCS Exercise (Action Steps).

## Session 5: How to challenge self-sabotage and prepare for success?

- Success in your goal will come with change. It is inevitable. Some change will be desirable, some will not. Self-Sabotage is us resisting the effects of change.
- Goal setting around self-sabotage and preparing for self-sabotage).

## Session 6: Finding your balance without losing yourself in process.

- Discussing 'me time', self-care and healthy boundaries.

## Session 7: Final Assessment

- Celebrating your wins
- Setting new goals for the remaining of the year

**Session Time:** 45 mins per session

**How:** Online coaching, once a week