

# Our Packages



## 3 months group coaching

### Who is it for?

This option is best for clients who have already started their journey of attempting to fix their skin issues. You may have periods of clear skin and then unexplained flares happening on a regular basis. To regain control of your flare you may be using steroids or other medication.

### Our Package includes:

- Group accountability check ins to support progress through the Happy Skin Reset eBook.
- Worksheets to support the eBook, which assist with accountability and exploring the root cause of your skin issues.
- Access to Facebook support group for 30 day reset coaching clients to share your journey.
- Monthly live Q & A which is your chance to have any questions answered.
- **Bonus** 30 min initial lifestyle consultation to get you moving in the right direction.

### How it works:

Once you have downloaded our free eBook there is the option to take the additional coaching support to guide you and a small group through the Happy Skin Reset over a period of 3 months. At the beginning of the programme you will be offered a bonus 30 min lifestyle consultation based on your initial application and questionnaire. We want you to get moving in the right direction quickly so this will be an excellent start to the programme.

You will also have access to a fb group just for your small group of around 6 participants. This will be a safe place to share your journey, ask questions and celebrate your progress. Ben and I will regularly respond to comments and questions within the group. This is also where you will post your accountability documents like food diaries and your responses to tasks set by us.

We will hold a monthly live Q&A to answer your questions in more detail and post videos by us that will specifically help with current issues for the group.

If you don't see any improvement in your health by the end of the 3-month programme, then we offer a full money back guarantee. As with every coaching programme you get out what you put in. There will be deadlines and you will be held accountable to support you to reach your goal of healthy, happy skin. We wouldn't be doing our job if this wasn't part of the package! Therefore, this guarantee is only available if you have put 100% in the programme and followed all the guidance provided by us. We only put this guarantee in because we are confident that you will see improvements when you choose to work with us at this more involved level.

## **£150 investment**

**Apply now on our website to begin your journey towards living symptom free.**

# Our Packages



## 3 Months 1:1 coaching

### Who it is for:

This option is best for clients with complex or longstanding skin complaints. You may have suffered with skin issues since birth or from a young age with them disappearing and reappearing for no apparent reason. The use of medication including steroids is part of your management of your condition when you have a flare up.

### Our Package includes:

- Comprehensive stool testing and analysis to provide a more in-depth picture of your gut and any issues that get to be addressed throughout the programme.
- Individual plan and supplement protocols tailored to your specific needs.
- Fortnightly 45 minute coaching calls to support with lifestyle and mindset changes.
- Accountability to help you stick to your agreed actions.
- Meal plans and recipes to assist your individual nutrition needs.
- **Bonus** first £100 of supplements included
- Access to Facebook support group for 1:1 clients to share your journey and gain more information and support from us.

### How it works:

After your successful application to work with us, we will arrange your testing. Once the results of the testing have been obtained you will have your first coaching call to discuss the findings and your individual plan. After that you will have a fortnightly video call with either me or Ben. You will be set tasks and asked to provide evidence of accountability tasks for an agreed deadline before your next call. Each call will have a focus based on your initial questionnaire and issues that arise during the programme. We will tackle areas around lifestyle, nutrition and mindset. Our aim is to share all the knowledge we have gained over the years through study and personal experience.

You will have access to the private Facebook group for our 1:1 clients. This is a safe place to share your journey, ask questions and celebrate your progress. Within the group there will be a monthly live Q&A with Ben and me. You will have access to food plans and worksheets to support you with your journey.

If you don't see any improvement in your health by the end of the 3-month programme, then we offer a full money back guarantee. As with every coaching programme you get out what you put in. There will be deadlines and you will be held accountable to support you to reach your goal of healthy, happy skin. We wouldn't be doing our job if this wasn't part of the package! Therefore, this guarantee is only available if you have put 100% in the programme and followed all the guidance provided by us. We only put this guarantee in because we are confident that you will see improvements when you choose to work with us at this more involved level.

**Investment £1550**

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## Bespoke packages:

We also understand that some issues are more complex than others and may require more testing or a different frequency of coaching calls so we will always offer the programme that we feel best suits your needs based on your initial application. If you do require a bespoke package, then we will provide you with a breakdown of everything that is included and suggested schedule for coaching calls.

If you don't see any improvement in your health by the end of the 3-month programme, then we offer a full money back guarantee. As with every coaching programme you get out what you put in. There will be deadlines and you will be held accountable to support you to reach your goal of healthy, happy skin. We wouldn't be doing our job if this wasn't part of the package! Therefore, this guarantee is only available if you have put 100% in the programme and followed all the guidance provided by us. We only put this guarantee in because we are confident that you will see improvements when you choose to work with us at this more involved level.

Investment TBC after discussion

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## Subscription:

Once you complete your 3-month programme we have a few options for maintenance. You can say "Bye bye!" at this point if you have achieved your goal but know that we will always be on hand should you need support in the future.

Or you can take either a gold or silver subscription which offer two levels of support.

## Gold offers:

A monthly coaching call and 2 email check ins per month for just £100 per month.

## Silver offers:

2 email check ins per month for just £40 per month.

There are no ties and when you feel that you no longer need support then you can unsubscribe.

Looking forward to working with you soon...

Ben & Jo



[www.happyguthappyskin.com](http://www.happyguthappyskin.com)