

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:

- Fortnightly group coaching calls tackling all aspects of the eBook- diet, mindset, environmental triggers etc.
- Worksheets and tasks, which assist with accountability and exploring the root cause of your skin issues.
- A monthly Q&A session with Ben and me to have any questions answered.
- Create your own action plan and get loads of accountability from me and your group.
- Advice based on your weekly food and symptoms diaries.
- I am also offering the bonus of a 20 min call to discuss your personalised diet & lifestyle plan to get you moving in the right direction quickly.
- Your first £100 of supplements are included.

How it works:

After signing up you will receive a schedule of calls and task deadlines. 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.

£350 investment

Plan fees are due before the coaching/testing commences. We do offer a payment plan if you need to spread the cost, which incurs a 10% interest charge.

Apply now on our [website](#) to begin your journey towards living symptom free.

Alternatively you can book a [FREE 20 min discovery call here](#).

*Refund would be less the cost of supplements.

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Follow up Subscription:

Once you complete your 3 or 6 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.

Platinum offers:

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

Gold 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