



**SYDNEY
LOW CARB
SPECIALISTS**

THE HEALTH SOCIETY

INTEGRATIVE NUTRITION & HEALTH COACHING



Kathryn Mayne, owner of The Health Society, is a Certified Integrative Health & Nutrition Coach trained at The Institute for Integrative Nutrition (IIN) USA and Advisor accredited with the Nutrition Network, specialising in Keto/LCHF evidence based nutrition coaching. Following a Low Carb lifestyle for three years now, Kathryn understands first

hand the social, mental and physical behaviour changes that arises with the transition and maintenance of a low carbohydrate lifestyle and making it simple and enjoyable.

Knowing how beneficial and rewarding the results are, Kathryn understands how life-changing and imperative a Low Carb lifestyle can be.

WHAT IS A HEALTH COACH

Just like a sports coach helps an athlete excel at a sporting discipline, an Integrative Health and Nutrition coach can help you at navigating life with a chronic illness, disease prevention or optimising your health and wellness.

People tend to work with a health coach to assist them with a transformation. They may have the 'information' but struggle with the lasting behavioural change.

This can be as varied as weight loss, the management of chronic conditions, mental health, implementing strategies for optimal health or disease prevention from current or past lifestyles choices that is no longer serving them.

WHAT CAN A HEALTH COACH DO FOR YOU?

- Help you with the difference of feeling alone and feeling supported
- Finding what is right for your unique body and lifestyle
- Helps you build healthy habits that align with how you want to feel everyday
- Your personal cheerleader
- The difference between knowing it and doing it

HEALTH COACHES CAN WORK WITH YOU ON A VARIETY OF HEALTH CONCERNS

- Stress reduction & implementing lifestyle changes
- Weight loss
- Optimising health
- Management of chronic conditions
- Disease prevention
- Overcoming food cravings and addictions
- Working with you & your Health Care team on your unique health concerns and goals

An Integrative Health & Nutrition Coach is

The best investment you can make in yourself; and it lasts a lifetime.

TO FIND OUT MORE IF A HEALTH COACH IS RIGHT FOR YOU
PLEASE TAKE ADVANTAGE OF A

COMPLIMENTARY CONSULTATION WITH KATHRYN FROM THE HEALTH SOCIETY

CONTACT

C/- SYDNEY LOW CARB SPECIALISTS
62B WINDSOR ROAD CASTLE HILL 2154
PHONE: (02) 8214 2578



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COACHING APPROACH

- Meeting you where you are at in your health journey
- Individual approach to what you want from your health & what motivates you
- Supported to build confidence, focusing on strengths as you learn from past successes and lapses
- Help with identifying and secure lasting behaviour change
- Review progress, challenges and next steps

2023 PACKAGE FEE

3 MONTH Package \$ 1100.00

- x6 one-to-one in person or virtual fortnightly 50 min sessions
- tailored goal setting and direction
- tailored actions and accountability
- review of progress and challenges
- virtual support & motivation in between sessions
- option to renew package with continued support

HOW TO GET STARTED

1. Please book in for a complimentary introduction with Kathryn either virtually or in person at Sydney Low Carb Specialists rooms.
2. Discuss & explore how Health Coaching will work for you and your unique health outcomes.
3. We will then provide you with the next steps on commencing your Health Coaching program with The Health Society and Sydney Low Carb Specialists.

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