Ann-Marie James MA

BACP Accredited Counsellor & Psychotherapist / Precision Nutrition Level 1 Certified Nutrition Coach

Nutrition & Lifestyle Coaching Programmes

Health & Nutrition Coaching

Health & nutrition coaching for anyone who wants to improve their quality of life and longevity. I work with you to set goals and refine your nutrition & lifestyle to suit your personal circumstances, biology and preferences.

Health Coaching Programme: 8 sessions over three months @ £60 per session or £450 for all 8 sessions.

Athletic Nutrition Coaching

A three-session package to help you hone your nutrition for athletic performance. Includes:

- Goal setting
- Nutritional assessment and recommendations
- A set of macros for food tracking
- 2 follow-up sessions (1 x 45min, 1 x 30min)

Athletic Nutrition Coaching Package: £199

Additional 30min follow-ups as needed: £30

Nutrition for Psychological Health

There is a growing body of scientific evidence for the use of nutrition and lifestyle therapy for improved psychological health. I am in the unique position of being able to combine many years' experience as a psychotherapist with nutrition & health coaching qualifications. This has led me to offer a health coaching package specifically for clients who wish to improve their psychological wellbeing through lifestyle change and personalised nutrition.

This programme can be used:

- Alongside counselling or psychotherapy with another therapist
- Alongside medication for depression or anxiety
- As an alternative to psychotherapy, counselling or medication for low mood/anxiety
- As a preventative measure if you are prone to anxiety/depression

Nutrition for the Mind: 8 sessions over three months @ £60 per session or £450 for all 8 sessions.

All services use research-based interventions.

All services are available in person or online.

I abide by the professional code of ethics for the National Health Coaches Association and the British Association for Counselling & Psychotherapy.

bacp | professional standards authority accredited register
Registered Member 18690
MBACP (Accred)

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