



Group

COACHING &

Mentorship

SESSIONS SCHEDULE

HORMONE BALANCING

WEEK 1



GOAL SETTING AND TRACKING

Let's chat about your hormones and what to expect from this programme. I will help you set 1 to 3 SMART goals, draw strategies to achieve them, and explain how to track your cycle. You will be given tasks for the week, and will have full access to all resources and templates.

WEEK 2

PHYSIOLOGY

In the first part of the session, we will review the progress you've made so far, and readjust our strategies to make sure you stay on track. In the second part, we will explore how the menstrual cycle works from a physiological point of view. This will help you understand your cycle and symptoms in detail. You will be given tasks for the week, and will have full access to all resources and templates.

WEEK 3

NUTRITION

In the first part of the session, we will review your progress and adjust your strategies. Then we will focus on how to improve and periodise your nutrition to optimise hormone balance. Your task for the week will be to plan a full month of nutrition based on your hormones and your goals - the assignment will be reviewed in the following session.

WEEK 4

EXERCISE

In the first part of the session, we will review your progress and adjust your strategies. Then we will focus on how to improve and periodise your exercise to optimise hormone balance. Your task for the week will be to plan a full month of exercise based on your hormones and your goals - the assignment will be reviewed in the following session.

WEEK 5

LIFESTYLE

In the first part of the session, we will review your progress and adjust your strategies. Then we will explore your lifestyle and see what simple actions you can take to optimise hormone balance. Your task for the week will be to plan a work schedule and leisure activities for the next month, based on your hormones and your goals - the assignment will be reviewed in the following session.

WEEK 6

REVIEW AND NEXT ACTION PLAN

In the first part of the session, we will review your progress and adjust your strategies. Then I will help you create a sustainable action plan to put into practice what you've learnt so far. You will continue to have access to all resources.



Throughout the programme, you will be provided with trackers, templates, guides, recipe suggestions and other helpful resources, and you will have my full support on WhatsApp

