

Working with Dr Jen Nash (CPsychol AFBPsS ClinPsyD BSc) in the Eating Blueprint Solution

Welcome! I'm so pleased you're considering the options for us to work together. This document outlines the key features of each level of support within the Eating Blueprint Programme. These programmes are designed to inspire you to change your problematic ways of eating so you can ultimately feel free around your eating and weight.

By working together, you will receive all the valuable tools and insights you need. You'll get your questions answered, along with discovering the clarity of what's held you back in your journey to date and the support you need to make long lasting changes.

Join me to lose weight with less effort, using the most underused muscle in your weight loss journey – your mind!

Feel free to take a look at the following programmes and consider which of the following options suit you best.



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The 'Transformed Eating' Programme

This programme is created for you if you're ready to ultimately transform your relationship with food and gain the freedom you are looking for. This is the most popular programme and creates the best results by far, simply because you have more time and guidance from Dr Jen.

- You begin with a 75 minute 1:1 '**Diagnostic Roadmap Session**', where Dr Jen takes you through the Eating Blueprint Methodology to uncover your unique 'Eating Story™' and your personal Eating 'Survival Strategies™'. These allows us to discover your unconscious blocks to your weight loss success, and create a bespoke and personalised plan for your Transformation Journey ahead.
- You will be guided to complete the '**Eating Diagnostic™**' Tool so we can quickly uncover your **Eating Type™** and easily identify what is the missing piece of support you need to solve your eating/weight struggles for good.
- You will meet with Jen monthly for a '**Coaching Connection**' Email Conversation to share your progress and get fast tracked through any obstacles you encounter.
- You will enjoy monthly **Laser Coaching Calls** with Jen and a small number of other Programme Members, to get your exact questions answered and ensure your progress is maintained and inspiration received.
- You can take advantage of **3 'Clarity Calls' with Dr Jen** that you can take at any point in your journey to get you unstuck and moving forward with ease.
- You will gain regular inspiration through a **Private Online Support Group** with a small number of other Members.

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- You have the opportunity to be matched with an **Accountability Partner** so you can keep each other on track, celebrate successes and share your insights.
- Access to the regular '**Deep Dive' Video Sessions** on topics related to self-esteem, valuing yourself and the mindset of the naturally slender will ensure your renewed relationship with food is embedded for a life time.
- **BONUS:** As a high value bonus you will also receive 'all-in access' to all of Jens online Eating Blueprint training packages and library of Virtual Training Intensives, enabling you to watch and gain insights at times that suit you.
- **BONUS 2:** As a high value bonus you will also receive all the benefits of the 'Mindful Eating to Manage Your Weight in 3 Simple Steps' Taster Programme (see below for programme details)
- **BONUS 3:** You will receive a signed copy of Jen's highly praised book, 'Your Weight Isn't About Food'

The 'Inspired Eating' Programme

This programme is for independent self-starters who want to get results by taking consistent action in implementing the mindset tools they learn, without being in such regular contact with me to do so. With this option, we have less frequent contact but you get moving quickly, stay on track and eliminate obstacles currently in your way so you can get weight loss results faster than you could on your own.

- You will enjoy a 60 minute 1:1 **Diagnostic Session** with Dr Jen, where she will identify your Eating Story™ and unconscious blocks to weight loss success. Together you will create a step by step plan for your Transformation Journey ahead.
- You will enjoy **Monthly Laser Coaching Calls** with Dr Jen and a small number of other Programme Members, to get your exact questions answered and ensure your progress is maintained and inspiration received.
- You will have 1 '**Clarity Call**' with Dr Jen that you can take at any point in your journey to get you unstuck and moving forward with ease.
- Immediate access to '**Mindful Eating to Manage Your Weight In 3 Simple Steps' Online Programme**
- You will gain regular inspiration through a **Private Online Support Group** with a small number of other Members.
- You have the opportunity to be matched with an **Accountability Partner** so you can keep each other on track, celebrate successes and share your insights.
- **BONUS:** As a high value bonus you will also receive all the benefits of the '**Mindful Eating to Manage Your Weight in 3 Simple Steps**' Taster Programme.

The 'Mindful Eating' Taster Programme:

- This is a 5 week Guided Support Programme to enjoy a 'taste' of Dr Jen's approach, at a lower investment level
- It is a Starter Programme, designed to provide momentum before joining an annual programme (and is provided as a Complimentary Bonus in the annual programmes)
- You have 24/7 access to Dr Jen's '**Mindful Eating to Manage Your Weight In 3 Simple Steps' Online Programme**
- You will gain regular inspiration through a private online support group with a small number of other Members.
- You have the opportunity to be matched with an Accountability Buddy so you can keep each other on track, celebrate successes and share your insights.

What additional resources accompany the programmes?

Each programme includes valuable Mindset Action Sheets, Practical Experiments, Psychological Resources and Insights and Recommendations. This means you don't need to figure anything out for yourself to get the breakthroughs you need with your eating and weight. The tools will be handed to you, ready to apply to your own life.

How long is each programme?

A mindset approach to weight loss typically involves 'un-learning' previous approaches to weight loss so it often takes 18+months to gain freedom, but you can expect this to happen in a fraction of that time with this process (especially with the 'Transformed Eating' Programme). Programmes are 12 months but clients report immediate insights by discovering their 'Eating Story™' and notice changes to their eating choices very quickly. The 'Mindful Eating' Programme is a 5 week Guided Support Programme to enjoy a 'taste' of Dr Jen's approach, at a lower investment level.

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Does this approach work?

Yes. The result of our work is to reduce your overeating so you can find a healthy weight for you. It will complement the health/lifestyle education you have already found to serve you in your life.

As with any psychological intervention, to see results you need to be committed to taking different actions and have the resources – time, energy and willingness – to carry you through.

This is not a quick fix, it's not magic and it takes six months or more for the seeds to grow, but all my clients who have diligently applied each step of our work have successfully achieved the health goals they sought and in much less time they would have on their own.

Members also often report that the financial investment is covered by the money saved on food, clothes and other associated 'size-related' additional expenses, over the course of one year and beyond. If you are committed to taking a different approach to your eating and weight, I'd be honoured to be the one to support you!

Please feel free to read a selection of 'Success Stories' here:

www.EatingBlueprint.com/success

Please refer to the Attachments for Further Information about the Eating Blueprint Curriculum:

- 'Mindful Eating To Manage Your Weight' Curriculum
- Eating Blueprint Brochure

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Next Steps....

If you're ready to get going, congratulations! Please email us at hello@eatingblueprint.com and we'll take care of everything you need to get started.

I hope to be supporting you towards the weight loss, freedom and ease you are looking for, very soon.

With warm wishes,



Jen

Clinical Psychologist, Chartered Associate Fellow, British Psychological Society

Dr Jen Nash (CPsychol AFBPsS ClinPsyD BSc)

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