

# My Expertise and Approach

## Health Coaching



I work with women only as I am better placed to understand the issues that women face and support female clients in a 1:1 capacity.

I only work with women who are motivated to make changes in their lifestyle, health and their mindset and are willing to take responsibility for their own destiny. If you are not ready to make some shifts in your life then this may not be the best option for you at this time.

I draw on my 10 years experience of working as a doctor which gives me a deeper understanding of the complex web of health, well-being and lifestyle habits. I work with women in my capacity as a coach not a doctor. I do not offer medical advice or examination. I do not diagnose or prescribe. I only work within the NHS in a clinical capacity.

I only work with women who are committed to investing in their own health and well-being and open to doing things differently to how they have done it before.

I provide an individualised, exclusive “service”. I have invested a lot of time and money in training and education to shape my unique skill set which includes a Medical degree, a degree in Sport and Exercise Science and a Health Coach certification. I have a particular interest in behaviour change and use motivational interviewing techniques alongside NLP to support my clients in achieving the change they want and need to make them happy; helping them with the ‘how’ rather than just the ‘what’.

I use an holistic approach considering your eating habits, physical activity levels, stress, sleep and relationships. I work with a very small number of clients at any one time so that I can provide them with a high quality and individualised service & experience.

**[CLICK HERE to book your Healthy Happy Mum Discovery Call](#)**

Thank you for considering me as your Health Coach.

I look forward to connecting with you.

*Dr Helen Lawal*