

The ETPHD method

Make lifelong change to your relationship with food, your body & your health



The ETPHD Method

All coaches in this team use the ETPHD Method.

What you'll achieve*:

- Improved relationship with food
- Improved connection with self & others
- Reduced food preoccupation
- Reductions in emotional & overeating
- Improved body image
- Improved health
- Menstrual cycle restoration
- Body composition changes
- A life no longer governed by food

What you'll get:

- Nutrition, lifestyle & mindset analysis
- Example nutrition plan*
- Habit development & behaviour change
- Therapeutic strategies for self-support
- Unrivalled compassionate support & accountability

Six strands of focus:

- Values-aligned goal setting
- Nutrition education
- Self-regulation
- Mindfulness
- Self-compassion
- Exercise & movement for health

*where appropriate / desired

DR KATIE GAMBIER-ROSS

**PhD Health in Social Science
BSc Neuroscience with Psychology
Neurosomatics Coach
Yoga Teacher
EIQ-Certified Nutritionist**

NEUROSOMATICS AND NUTRITION COACHING - £279 pm

**Neurosomatics coaching
+ ETPHD Method Coaching**

Contact with Katie:

- **Twice monthly 30-min somatic video calls**
- **Twice monthly written check-ins with feedback**
- **Unlimited messaging support**

ETPHD Monthly Contact:

Twice monthly live guided meditations with Emilia

Twice monthly live and recorded guided yoga classes with Ros

Monthly webinar

Peer support and support from other coaches on Facebook group and Telegram chat

- **Optional add-on: personalised or group strength training programme**

***Price is per month
(for a minimum of 3 months)**



ETPHD coaching have worked with thousands of clients and professional athletes to minimise and eradicate unhealthful eating behaviours, improve self-compassion, mindfulness, self-connection, body composition and overall health.

When you're happy to get started, reply to Emilia or Katie, or email katie@emilia.fitness to get things moving.