



## Email Coaching Packages

Thank you for your interest in email coaching with me (Helly).

I now predominantly work with clients using daily email coaching support because results I have seen in clients have been powerful, whereas face-to-face coaching where we only meet once a week or thereabouts, although still effective doesn't seem to have as rapidly successful outcomes. I put this down to the fact that contact is more frequent with email support and offered when it is needed, helping to problem solve in the moment, celebrate wins when they are still fresh and set new intentions and goals more regularly. Some clients also find it easier to share their inner thoughts or behaviours that they might have attached (inappropriate) shame to by email, rather than a more intense form of face-to-face conversation, making them more likely to open-up.

Clients have described the experience of email support as like writing a journal of their day, reflecting on their challenges, successes, and emotions but the difference being that with email support, they get a helpful response!

As with any form of coaching to overcome an eating disorder, results are optimised when you (the client) are committed to and engaged in the process. Your chance of progress and maintaining momentum is optimised when there is a full and detailed conversation between us, discussing your daily occurrences, habits, compulsions, challenges, and wins.

I work with clients across the globe and so wherever you are located is no problem and it doesn't matter what time you email me—I will respond in my working hours.

Email support is also fully confidential.

A few more of the practicalities to email support coaching are:

- I will email you once a day, six days a week, responding in detail to any emails you have sent me in the preceding 24 hours\* and maintaining a two-way conversation. If there is a need for a second email in the day and I can respond, then I will email more than once in the day, but I cannot guarantee that this will be possible.



- The time of day that I send a daily email to you will generally stay consistent, but there might be occasions when the time of day I email fluctuates if other life events get in the way.
- You don't have to email every day and I understand that sometimes you need processing time or have other things happening. As I said above though, please be aware that for coaching to work, it generally needs to be a two-way conversation.

For more information about email coaching, please see my website ([hellybarnes.com](http://hellybarnes.com)).

*\*as I provide support on six days of the week, on the day of the week that email support is not provided then this would be within the preceding 48 hours.*

## Coaching Package Costs

- Daily email Support provided six days a week for one week = £70
- Daily email support provided six days a week each week for one month = £250

If you have any further questions or would like to go ahead, then please email me.

At times, I do reach capacity of how many clients I can work with at one time.

I do keep to a limited number of clients so that the clients I am working with at any one time get the best of me and so I hope you understand that if there is a short wait to start coaching, it only reflects that you too will get the best of me when we do start working together!

I hope to work with you and support you on your journey to a fabulous eating disorder free life very soon!

Helly x