

“IF I WANT TO  
BE A FUN,  
PLAYFUL  
WOMAN, I  
NEED TO BE A  
WELL FED  
WOMAN.”



*Rachel Anne Hobbs*







# WELCOME FRIEND

Welcome to The Nurture Circle, we are so pleased to have you here.

At The Nurture Circle we merge nutrition, neuroscience and nurturance to guide you to find food freedom, enjoy your body and live a joyful expansive life.

As a Clinical Dietitian, Therapist and Personal Trainer, I am one of the only tri-trained practitioners working within the nutrition, fitness and body image space; this enables me to blend my knowledge and skills alongside my lived experience and passion for food and cooking to offer the individuals I work with something specialist and unique.

Rachel

RACHEL ANNE HOBBS R.D. PGDIP. M.HCPC  
CONSULTANT DIETITIAN AND THERAPIST



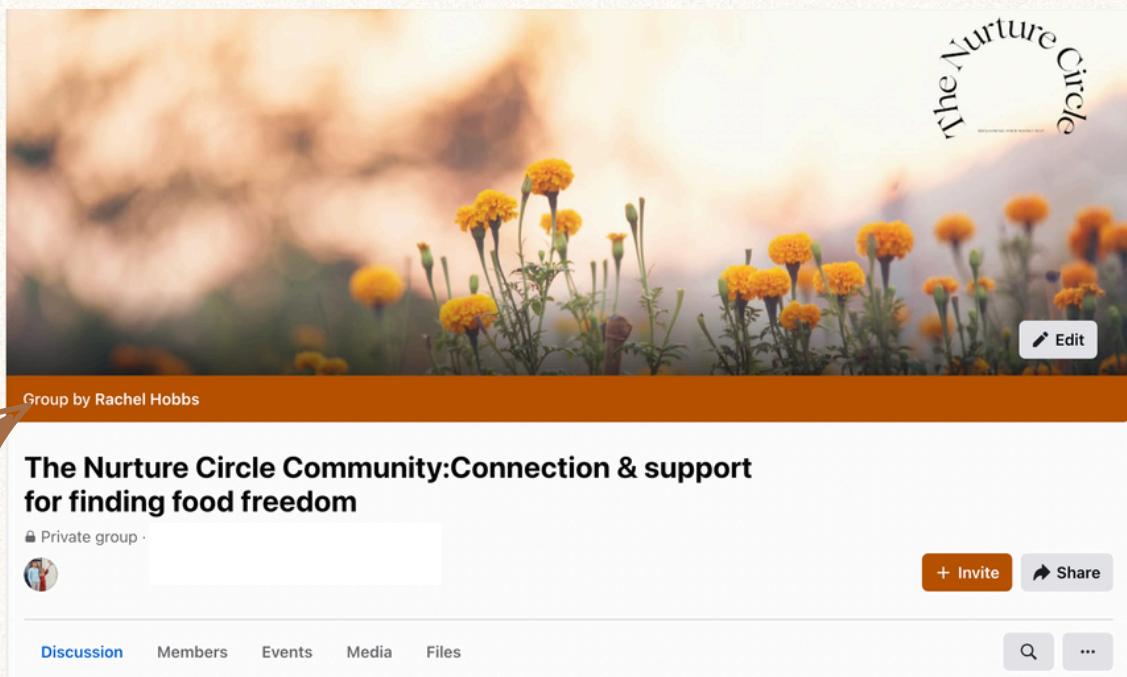




OUR FREE OFFERINGS

# JOIN OUR FREE COMMUNITY

At The Nurture Circle we want to be able to support everyone regardless of their financial circumstances, we also know the value of a supportive community so we created a free FB community as well as free videos and downloadable written recourses.



Click on the image to join





# OUR OFFERINGS

01 ——— NUTRITION CONSULTATIONS  
AND DIETETIC THERAPY

02 ——— THE NURTURED RECOVERY /  
NURTURED WEIGHT LOSS  
JOURNEYS

03 ——— THE NURTURED COMMUNITY  
GROUP COACHING

04 ——— SELF PACED COURSES





# 01 NUTRITION CONSULTATIONS AND DIETETIC THERAPY \*

These are designed for those that would like ad-hoc or regular support from Rachel to support recovery from disordered eating behaviours or a diagnosed eating disorder; or for those that want specific guidance on their nutrition for performance, fertility, hypothalamic amenorrhea, IBS or family meal planning support.

An initial nutrition consultation and assessment includes (£145):

- A 60 minute clinical and therapeutic consultation
- Comprehensive nutrition analysis
- Personalised dietary and supplement guidelines, including example meals plans
- Resources to explore including presentations, E-books and meditations
- Introduction to integrative therapy if appropriate

Ongoing dietetic therapy / follow up (50 minutes £85 / 30 minutes £51)

- Follow up sessions or regular dietetic therapy are generally 50 minutes and what is explored depends on your individual needs.
- Written follow up after each session
- Adjustments to nutrition
- Therapeutic tasks
- Movement recommendations

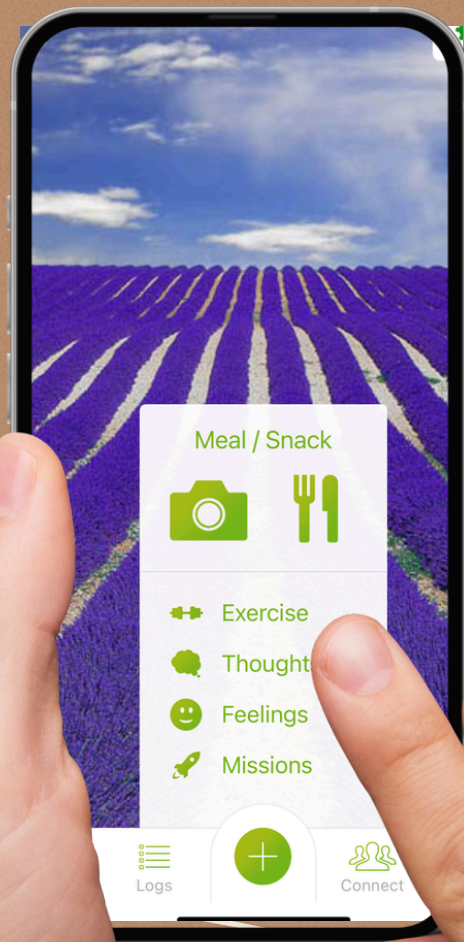






# RECOVERY RECORD

All our clients choosing Dietetic Therapy or The Nurtured Journey's get access to Recovery Record app included, which is best practise for eating disorder and disordered eating support.







# 02 THE NURTURED RECOVERY JOURNEY

This is designed for individuals who want to understand and improve their relationship with food, eating and their body; they may engage in disordered eating behaviours or have a diagnosed eating disorder, or would like explore nervous system regulation and learn how to decrease stress and find more presence in life, or they are fed up of using emotional eating or want to learn how to overcome fear foods, keep all foods in the house or stop obsessively counting calories or exercising.

The Nurtured Recovery Journey includes (£100/month for a minimum of three months);

- Our 24 step recovery journey through our online portal / app - this includes meal plans alongside twice weekly structured videos, resources, meditations, food challenges and self exploration to guide you to healing.
- Additional masterclasses on Understanding and exploring eating disorders and disordered eating, Worrying Less About Your Looks, Healing Binge Eating, The psychological impact of dieting and food restriction and Hypnotherapy
- Biweekly nurture therapy sessions with Rachel via audio, video or email.
- Invitation to connection and coaching mornings







# 02 THE NURTURED WEIGHT LOSS JOURNEY

The Nurtured Weight Loss is designed for individuals who desire weight loss and are fed up of yo-yo dieting or fearful of disordered eating behaviour and obsessions emerging; for those ready to learn gentle and safe weight loss without strict rules.

The Nurtured Weight Loss Journey includes (£100/month for a minimum of three months);

- Our 12 step recovery journey through our online portal / app - this includes, meal plans, exercise plans and biweekly audio and written steps.
- Additional masterclasses on Understanding and exploring eating disorders and disordered eating, Worrying Less About Your Looks, Healing Binge Eating, The psychological impact of dieting and food restriction and Hypnotherapy
- Guided action plan
- Biweekly nurture therapy sessions with Rachel via audio, video or email.
- Invitation to connection and coaching mornings





# THE NURTURED

## 03 COMMUNITY GROUP COACHING

The Nurtured Community Group Coaching is designed for those who want to model nurturing eating and food behaviours to their family, end emotional eating or binge eating, feel like they have been on a life long diet, have extreme food rules or food restrictions, struggle to respect or nurture their body, feel addicted to calorie counting, exercise or the desire to be smaller, are always thinking about food, eating or body image, want to explore the role food plays in their life or feel your eating behaviours could be healthier.

The investment for group coaching is from £50/month for three months

- Our 24 step recovery journey through our online portal / app - this includes meal plans alongside twice weekly structured videos, resources, meditations, food challenges and self exploration to guide you to healing.
- Additional masterclasses on Understanding and exploring eating disorders and disordered eating, Worrying Less About Your Looks, Healing Binge Eating, The psychological impact of dieting and food restriction and Hypnotherapy
- Weekly/biweekly coaching and connection sessions on Saturday morning at 8am
- Add on 1:1 coaching / therapy if desired





04



# SELF PACED COURSES

Both our Nurtured Recovery Journey and Nurtured Weight Loss Journey are available to walk down independently through our online portal and app and of course with the support of our FB community.

The investment for these is £75 each.





“IF I WANT TO BE  
A RELAXED,  
LOVING WOMAN, I  
NEED TO BE A  
WELL FED WOMAN”



FOR FURTHER INFORMATION PLEASE VISIT  
[WWW.THENURTURECIRCLE.COM](http://WWW.THENURTURECIRCLE.COM) OR SEND ME AN EMAIL.

Rachel

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