



I'm Carolyn Flanigan,  
a health & wellness coach on  
a mission to help women who,  
in midlife & menopause, are  
struggling with getting regular  
sleep, experiencing crazy  
hormones and have a chronic  
lack of energy . I help women  
take back control of their  
weight, health and life for  
good!

Health & Wellness Coach  
Carolyn Flanigan



# Australian bureau of statistics

In 2018 - 67% of  
Austrian adults  
are overweight  
or obese

280 people  
develop Type - 2  
diabetes every  
day

\$14.6 Billion is the  
total annual  
estimated cost  
of treatment

47% of  
Australians  
have one or  
more chronic  
conditions

Only 5% of  
Australians eat  
the daily  
recommended  
serve of fruit &  
veg

1 In 7 people  
can make the  
changes  
recomended by  
doctors to  
regain their  
health



# What is a Health & Wellness Coach?

1

Helps you to create change & take control of your life when you have tried everything but you're getting nowhere fast.

2

Stretches you to achieve goals you don't think are possible.

3

Teaches you to listen to your body and inner wisdom.

4

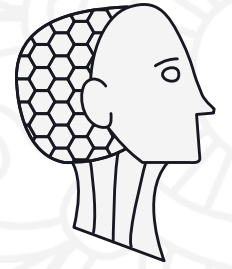
Figures out what food and lifestyle choices work for your individual needs and body type

5

Focuses on reducing your stress levels and creating optimal sleep habits.

6

Helps you to let go of limiting beliefs.





*You will only ever  
have the one body....*

*Do you really want  
to spend your whole  
life hating it?*

Helps you to create  
change & take control of  
your life when you have  
tried everything and you're  
getting nowhere fast.

- A health coach focuses on what has, can and will work for you and you alone.
- We harness your strengths in order to improve the health behaviours you want to address.
- Unlike health fads that come and go, health coaching has strong evidence behind it, backing its effectiveness for improving health and wellbeing





Stretches you to  
achieve goals you didn't  
think were possible

- Weight loss
- Stress reduction
- Management of chronic health conditions
- Exercise & movement
- Ceasing smoking & overdrinking
- Eliminating the need for medication



You Can Achieve  
Your Goals







I teach you to listen to  
your body and inner  
wisdom.

- Creating your life on your own terms
- The importance of self care
- The benefits of meditation
- Why the body holds on to pain
- The power of vulnerability





We figure out what food and lifestyle choices work for your individual body type.

- Which foods give you energy and which foods take away your energy
- Choose foods to balance your hormones
- Eliminate cravings
- Eating for optimal digestion
- Understanding fullness & hunger







## Focus on reducing your stress levels & creating optimal sleep habits

- Why sleep helps you to shed weight for good
- Keeps you more productive
- Improves virtually every function of your mind and body
- Regulating your circadian rhythm and exposure to sunlight and understanding how this is paramount to weight loss, stress reduction and healing







WHEN YOU CHANGE  
YOUR HABITS YOU  
CHANGE YOUR LIFE

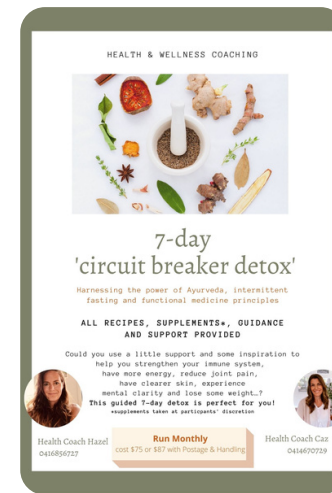
Letting go of limiting beliefs.

- Understanding the power of positivity & positive psychology
- Gratitude & journaling
- Visualisation
- Letting go
- Authenticity
- Can do attitude



# My programs

- 7 Day Circuit Breaker



- 21 Day Sugar Detox



- 6 – 8 Week Body Talk



- 90-Day Intensive Total Body Transformation

