

Ideal Weight Coaching Matrix overview



Shift

Layer
Real Change

Express

Layer
Significant Change

Focus

Layer
Lasting Change



Taste

Layer
Real Change

Appreciate

Layer
Significant Change

Celebrate

Layer
Lasting Change



Mindful

Layer
Real Change

Breathe

Layer
Significant Change

Meditate

Layer
Lasting Change

An introduction to the Ideal Weight Coaching Programme

Modelling weight loss success

When we developed the Ideal Weight Coaching Programme, we talked to our clients to find out what had created successful long term weight alignment for them. What singled out their success and what made them different from others? And then we examined how we could model the skills they'd used to reach and remain at their Ideal Weight once they'd completed our homeopathic weight alignment programme.

After several months of going through client case studies and interviewing those who'd been successful long-term (and who were easily managing to remain at their Ideal Weight), we created this programme to help others do the same.

For those successful clients, it wasn't about luck, good genes or speedy metabolism, it was about incorporating into their lives a minimum of three lifestyle changes (from a list of nine we identified). We then took those behavioural shifts, and using the latest in modern psychology and NLP, we created a programme to help everyone successfully align their weight with their health and lifestyle goals.

Our programme has been workshopped, tested and fine-tuned, and represents more than 15-years experience working with homeopaths, support and coaching people just like you.

Best of all, the changes you will learn are simple, easy to incorporate and don't involve deprivation, ongoing dieting or strenuous exercise regimes. They just require a new way of thinking, and the commitment to change.

If you are genuinely ready to align your weight with where you want it to be, then our programme will show you a new way of being and create a pathway that will keep you Lean for Life.

Thanks for joining us.

A handwritten signature in cursive script that reads "Hugh Spencer". The signature is written in dark ink and includes a horizontal line underneath the name.

Ideal Weight Coaching

The Building Blocks & Lean Life Skills to reach and remain your Ideal Weight

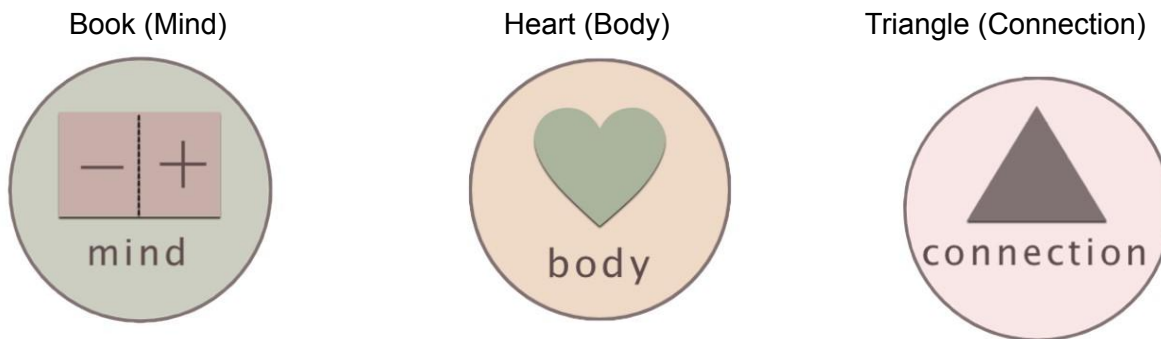
As part of our research, we identified three weight alignment Building Blocks, and within each of those, we developed three Lean Life Skills (nine in total), which form the Ideal Weight Matrix.

1. **Mind**: expressed as 3 Lean Life Skills called Shift, Express, Focus
2. **Body**: expressed as 3 Lean Life Skills called Taste, Appreciate, Celebrate
3. **Connection**: expressed as 3 Lean Life Skills called Mindful, Breathe, Meditate

People who successfully align their weight with their goal, and keep it off for good, model and incorporate at least three of the nine Lean Life Skills into their daily living. When you do too, you'll reach and remain your Ideal Weight and stay lean for life.

Symbolism

We use three symbols to represent the Building Blocks of the weight loss landscape.



Symbolism is important because of its communication with the subconscious. Getting our conscious mind to instruct the body, rather than the body taking charge (e.g. unconscious eating), permanently frees you from the unconscious behaviours around food and your weight. Behaviours that previously would have tripped you up, never get past your conscious mind again. And with that, there is nothing to stop you from reaching and remaining your Ideal Weight.

It is about you taking day-to-day action from a place of focus, to enable you to create lasting change.



Focus Band

We incorporate those Building Block symbols onto your Ideal Weight Focus Band, which you put on after you've completed the Change Compass exercise (to establish a neurological pathway to the weight you'd like to reach and remain).

The band creates two-way communication between your mind and body (conscious & subconscious), reminding you of the Lean Life Skills you've committed to.

Wear it continuously during the programme, and for as long after the programme as needed, referring to it throughout your day to stay on track until the behaviours become habits.

Working through the Lean Life Skills








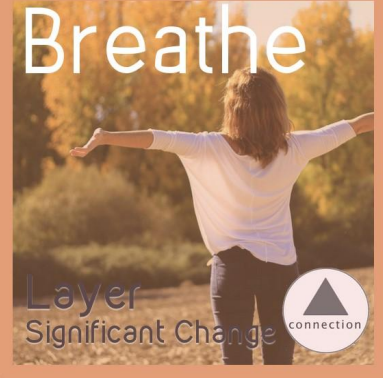
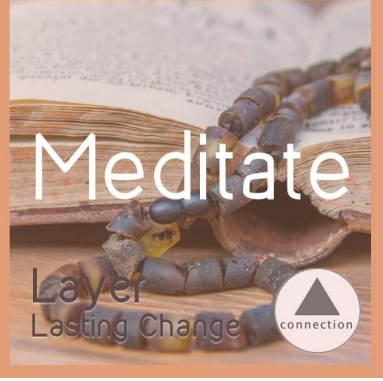
There are nine Lean Life Skills, which we recommend you work through while you are completing the Ideal Weight homeopathic weight loss programme. They are categorised as Real, Significant and Lasting, but one is not better or more appropriate for you than another. They are just different.

Each Lean Life Skill is autonomous, and there is no specific order you need to work through them. Just choose whichever one feels right and work your way around them. Please read, practice and 'absorb' each lesson before moving on to the next, ideally spending 3-4 days on each. If you'd like some clarity around any of them, please reach out via WhatsApp or our regular FB Live sessions.

While each skill may seem deceptively simple, it is important not to underestimate the power of modelling those behaviours in your own life. Not only will doing so enable you to reach and remain your Ideal Weight, by introducing them into your daily living frees up energy you previously didn't have. Expect some exciting and delightful changes in addition to welcoming a new, lower weight set point.

To keep track of each lesson, use the chart on the next page to record when you have successfully completed each Lean Life Skill - no hurry. And once you've finished all nine, choose a minimum of three that you'll regularly use on a daily basis until they become second nature.

Lean Life Skills (Real - Significant - Lasting)

		
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