The Emotional Eating Recovery Program

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WHAT IS THE EMOTIONAL EATING RECOVERY PROGRAM?

"AS A SOCIETY WE ARE EMOTIONALLY HUNGRY AND EMOTIONAL HUNGER CANNOT BE SATISFIED WITH FOOD."

The Emotional Eating Recovery Program is a client-led coaching program designed to help you let go of chronic dieting, struggles with emotional eating, body shame, disordered eating behaviours, and other patterns that are getting in the way of living your best life.

The foundation of the Emotional Eating Recovery Program is built on the 10 principles of intuitive eating. These principles will guide you through a process of understanding your relationship with food, getting back in touch with your body's natural hunger and fullness cues and learning trusting yourself around food again.

My evidence-based approach is holistic, recognizing you as a whole person with a complex inner and outer world. I will meet you right where you are, with all of your unique challenges and strengths. Together we will move closer to your goals, one step at a time.

WHAT WILL YOU LEARN?

THE 10 PRINCIPLES OF INTUITIVE EATING

1. REJECT THE DIET MENTALITY

2. HONOUR YOUR HUNGER

3. MAKE PEACE WITH FOOD

4. CHALLENGE THE FOOD POLICE

5. DISCOVER THE SATISFACTION FACTOR

6. FEEL YOUR FULLNESS

7. COPING WITH YOUR EMOTIONS

8. RESPECT YOUR BODY

9. MOVEMENT- FEEL THE DIFFERENCE

10. GENTLE NUTRITION

THIS PROGRAM IS FOR YOU IF:

- WANT TO BREAK FREE FROM THE WEIGHT CYCLING EFFECTS OF DIETING AND DEPRIVATION.
- YOU CONSTANTLY FIND YOURSELF ANALYZING WHAT YOU SHOULD AND SHOULDN'T EAT.
- YOU WANT TO LEARN TO FEEL YOUR FEELINGS AND NOURISH YOUR EMOTIONAL NEEDS WITHOUT USING FOOD.
- YOU WANT TO STOP CRITICIZING EVERY FOOD CHOICE OR YOUR BODY AND LEARN TO LOVE AND RESPECT IT.
- YOU'RE READY TO STOP THE CYCLES OF EATING REALLY WELL AND FEELING GOOD ABOUT YOURSELF TO EATING REALLY BAD AND FEELING LIKE YOUR LIFE IS FALLING APART.

IT IS NOT FOR YOU IF:

- You want strict rules and a rigid plan (I'll provide structure and templates, but the goal is to cultivate self-awareness and learn how to let your body be your advisor)
- You want a quick-fix. Intuitive eating is a process that takes time, but it will be an invaluable asset for the rest of your life.

HOW DOES IT WORK?

The Emotional Eating Recovery Program consists of 12 sessions that you can choose to book on either a weekly or a bi-weekly basis offered either in-person or virtually.

Each private session is 50 minutes

Required Materials:

- Intuitive Eating by Evelyn Tribole & Elyse Resch

For Group Coaching (10 sessions):

- Weekly Live Sessions (and recordings so you won't miss anything!)
- Each session will be between 60-75 minutes
- Additional weekly exercise materials will be provided to you via e-mail

Required Materials:

- Intuitive Eating by Evelyn Tribole & Elyse Resch

Your Investment

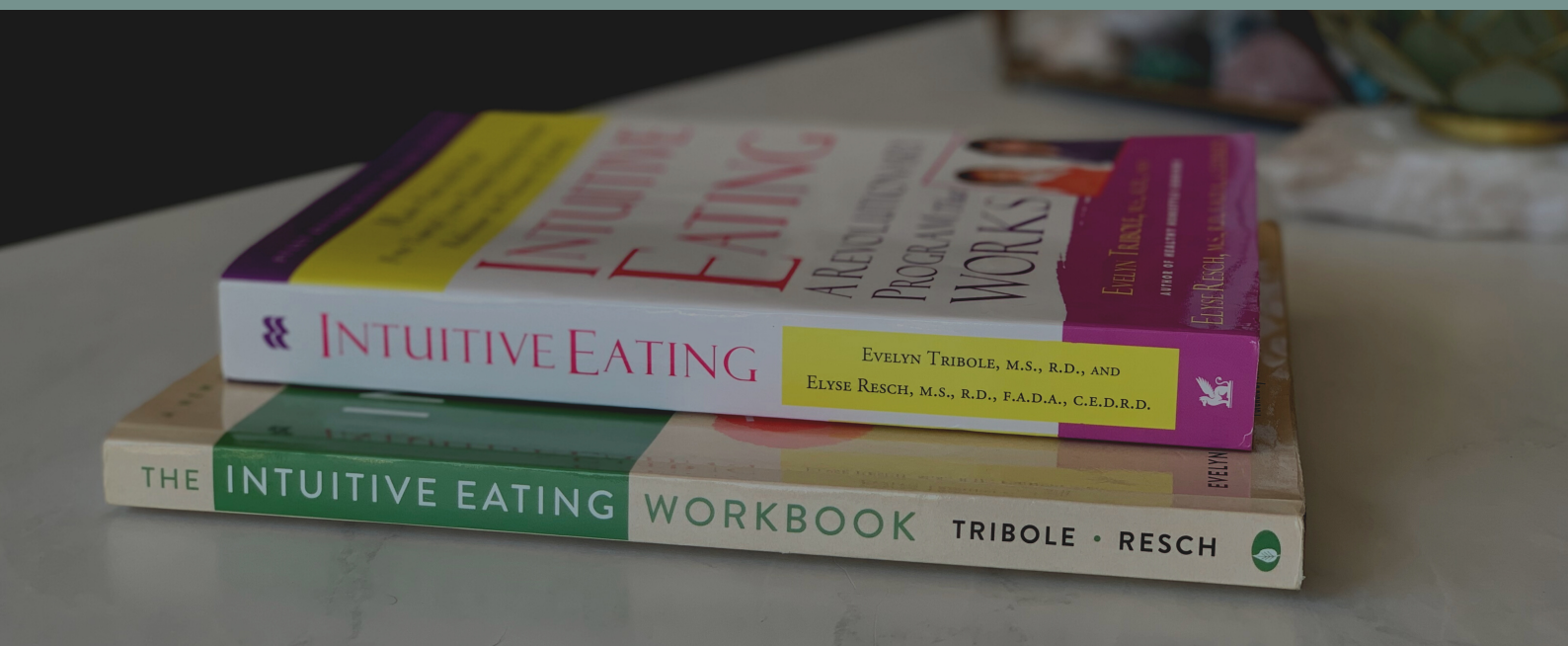
PAID IN FULL:
$1249 + GST

*PAY PER SESSION:
$124.75 + GST

VIRTUAL
GROUP COACHING
(MAX 8 PARTICIPANTS)

$340 +GST

*(RECURRING ON AN AUTOMATED WEEKLY OR BI-WEEKLY SCHEDULE)



nutritionist | personal trainer | life coach

www.kelseyellis.ca

WHAT'S THE NEXT STEP?

I offer a free 15 minute discovery consultation either in person or by phone that will help put any of your fears about starting this program to rest. You will get to ask me any burning questions you have and I will help you discover if this program is the right fit for your goals and needs.

IN-PERSON COACHING LOCATIONS

WILLOUGHBY COMMUNITY CENTRE (LOCATED INSIDE THE LANGLEY EVENTS CENTRE)
7888 200 ST, LANGLEY, BC, V2Y 3J4

LOCAL HEALTH INTEGRATIVE CLINIC
#10-2495 COMMERCIAL DRIVE, VANCOUVER, BC, V5N 4B8

VIRTUAL COACHING

Work with me from the privacy of your own home via Zoom Meetings

READY TO GET STARTED?

CONNECT THROUGH INSTAGRAM: @HEALTHY_WITH_KELSEY

BOOK BY E-MAIL: hello@kelseyellis.ca

BOOK BY PHONE: 604-999-1808

"I HEAR YOU, I SEE YOU AND I HONOUR YOU."