

FOOD & MOOD

COACHING

WEEK 1 INTRO TO FOOD & MOOD

WELCOME TO WORKSHOP 1

The Food & Mood program incorporates mindset, motivation and most importantly delicious healthy food to support you on your health and/or weight management journey. Combining Mediterranean eating principles with powerful mindset and behavioural coaching, Fernwood's Food & Mood program is for women who want healthy and sustainable results. Whatever your reason for being here, your Fernwood community and fellow participants are here to support you every step of the way. Let's now take a moment to get to know each other.

01. INTROS

With a partner or in a small group take turns to introduce yourself and share:

- + Your name
- + What is your program intention/goal and why this is important to you?

- + Your all-time favourite food ...

Use the space below to record your partner's/group members' names and details for sharing back to the room:

- + My partner's name is ...
- + Her program goal/intention is ...

- + This is important to her because ...

- + Her all-time favourite food is ...



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02. MY PROGRAM INTENTION IS ...

03. MY FOOD & MOOD MANTRA IS ...

04. COMMUNITY, COMPASSION AND NON-JUDGEMENT

These are three important aspects of the Food & Mood journey. Discuss with the person next to you three ways that you could apply these concepts over the next 6 weeks.

