

Six-stage pathway to success

This has been developed and refined over 12 years of helping hundreds of nutrition professionals to create their dream businesses.



Stage 0
Business Basics



Legal Know How
Payment Systems
Clinic Management

Stage 1
Know what you want



Your Vision
Your Values & Mission
Know your Numbers

Stage 2
Know who you are



Define your Ideal Client
Your Marketing Message
Creating a Winning Website

Stage 3
Create your ideal business



Choose your Services
Programmes & Packages
Coaching Skills

Stage 4
Communicate what you do



Marketing Foundations
Discovery Calls
Social Media Intro
Email Marketing

Stage 5
Building relationships



Talks & Webinars
Workshops & Retreats
Strategic Partners

Stage 6
Make it happen



Client generation
Grow your audience
Combat Imposter Syndrome
Combat Procrastination

Bonus!

From our years of experience we know that Nutrition professionals often get stuck and so we have 2 additional modules specifically designed to overcome the most common barriers of 'imposter syndrome' and procrastination!