

Rate Card

obi coach

| Services | Description | T&CS | Pricing (USD) |
|--------------------------------|--|--|---------------|
| Initial Consultation (60 mins) | This session includes an initial assessment of your current lifestyle to identify the challenges which need to be overcome to achieve your goals. By the end of the session we would have set goals for your wellness journey. | Scheduled consultation must be rearranged with at least 12 hours' notice or will be chargeable. | \$35 |
| Coaching Session (40 mins) | Providing you with information and guidance on topics which will support you achieving your wellness goal that is identified in the initial consultation. | Scheduled coaching sessions must be rearranged with at least 12 hours' notice or will be chargeable. | \$35 |



Coach Anna
Dietician

Let's develop a healthy and joyous relationship with food and your body!

Specialisations

Managing Chronic Diseases
through Lifestyle and
Pharmaceuticals
Nutrition
Weight Loss
Gut Health