

# 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 consultations must be rearranged with at least 24 hours' notice or will be chargeable.	55
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 24 hours' notice or will be chargeable.	40



**Coach Anima**  
Dietician

*I'm proficient in developing personalized meal plans, counselling, addressing dietary concerns and promoting healthy lifestyle habits.*

## Specialisations

*Weight Loss  
Chronic Condition Management  
Nutrition Counselling  
Diet Modification  
Personalised Meal Planning  
Clinical Nutrition*