

FEEL NORMAL AROUND FOOD COACHING

*powerful 1:1 interaction focused on a single
goal — stopping compulsive eating
the psycho-spiritual way*

Meet your coach, Kari

Hello there! Thank you *so much* for your interest in coaching, and I would love nothing more than to help you *feel normal around food*, stop compulsive eating, and accomplish all of it without dieting ever again.

Coaching is about *you*, not me, so I'll keep this intro short.

I have personally been through the ringer with food, yo-yo dieting, and weight cycling. I know what it's like to sacrifice your time, energy, and mental health to stick to a restrictive diet only to regain all the weight in a single weekend of frenzied eating. I know how *frustrating* it is and how *resentful* one can feel when so much is sacrificed on a diet while others eat so *freely*. I want you to become one of those people that feels free, sane, and normal around food.

Through our work together one-on-one, I can help you get to the root of compulsive eating and develop clarity around what it takes for *you*, specifically, to stop patterns of overeating.

My approach is psycho-spiritual, as I incorporate elements of eating psychology while honoring the spiritual nature of addressing emotional eating. Whenever we turn inward instead of outward for the answer, it's a spiritual journey in my book.

And I look forward to embarking on this brave, transformative journey *together*.



*hopefully that will be you on my
screen one day!*

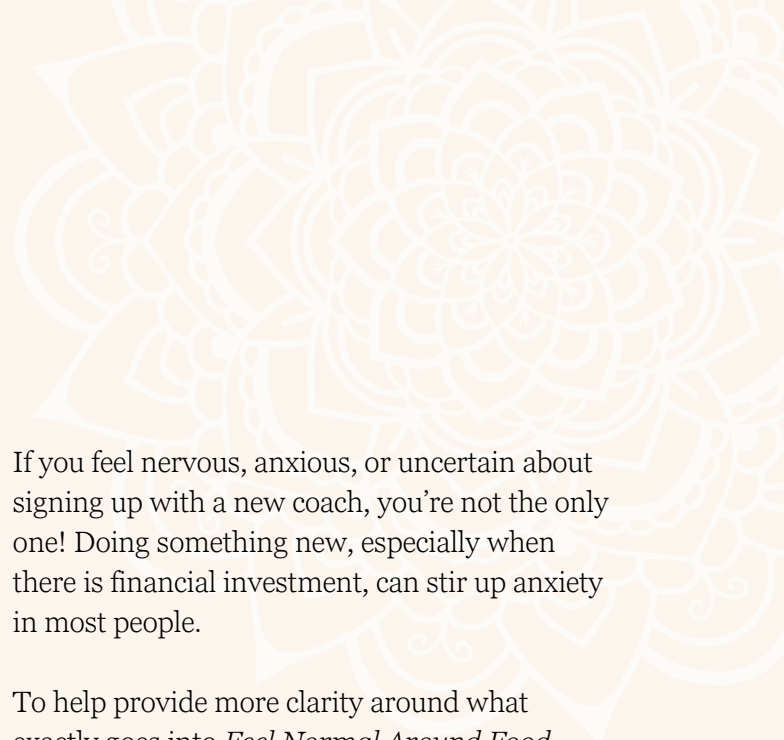
What Is *Feel Normal Around Food* Coaching?

Unlike therapy or dietetic counseling, coaching is centered around results, so why not call my coaching program by it's desired result: to *feel normal around food*.

My specialty lies in eating psychology, spirituality, stopping compulsion, and stopping emotional eating. Because our eating behaviors closely mirror our lifestyle behaviors, my coaching style blends life coaching with health and wellness coaching.

Inside my coaching toolbox, I most frequently use motivational interviewing (i.e. *asking really good questions*) along with traditional goal-setting and accountability strategies. I also provide teaching for clients who are new to my work and prefer a direct learning experience rather than navigating through information on their own.

I celebrate self-starters as much as those who relish the convenience of a personalized, teach-me approach. After all, everyone's journey to self-care is unique!



If you feel nervous, anxious, or uncertain about signing up with a new coach, you're not the only one! Doing something new, especially when there is financial investment, can stir up anxiety in most people.

To help provide more clarity around what exactly goes into *Feel Normal Around Food* Coaching, I filmed a short YouTube video explaining how coaching calls generally unfold and what you can expect. Every coaching call is unique and tailored to the individual. This video simply provides an overview of general patterns so that you can have at least some idea of what to expect:

click to play



Here's Exactly What You Get with 1:1 Coaching

Here are some of the amazing benefits awaiting you:

» **Live 1-on-1 Interaction:** Deep, personalized conversation to uncover the root cause of your struggles around food. We'll identify where you're stuck and develop a clear plan to stop compulsive eating.

» **Personalized Homework and Action-Based Tools:** Receive tailored assignments and practical tools that leverage your strengths and meet you exactly where you are.

» **Experienced and Empathetic Support:** As someone that has personally been in the trenches of compulsive eating, I aim to validate your experiences and provide a safe space to feel heard.

» **Insightful Sessions and Great Questions:** Through guided conversations and thoughtful questioning, we'll identify the limiting beliefs and language patterns that contribute to self-sabotage.

» **The Food Freedom You've Been Craving:** I can help you stop thinking about food 24/7, stop compulsive snacking, stop emotional and compulsive eating, and *get back to life*.



How much does coaching cost?

I always recommend that new clients start with just one session, because we don't know if you need more than that yet.

Some clients thrive with ongoing accountability while others need a burst of clarity before they're ready to fly solo.

No matter your goals or preferred style of personal development, I have a coaching package that fits.

Here are my prices and packages for coaching:

- **1 one-hour session:** \$180 — a highly recommended starting point for everyone
- **3 one-hour sessions:** \$450 — ideally for existing clients (\$150/session)
- **10 one-hour sessions:** \$1,250 — strongly encouraged for existing clients only (\$125/session).

My 10-pack includes free access to my robust and comprehensive online course, *Food Normal* (\$347 value).

Coaching can be purchased from my website here: <https://karidahlgren.net/coaching/#pricing>



What happens after I purchase a session?

Immediately after you purchase a coaching session or package, you'll see an order confirmation screen that contains the following:

1

Session Scheduling: Immediately, you'll see a calendar to instantly book your session. A calendar link will also be emailed to you. If you don't see a time that works for you, don't sweat. I am happy to arrange something that does! I've had luck working across diverse time zones — as far as Australia and Malaysia!

2

"Prewrite" Questionnaire: Before you have your first session, there is a "prework" questionnaire that helps both of us make the most of our time together. First, it helps you accomplish some preliminary digging, and it helps me get a "big picture" idea of who you are and what your goals are.

3

Optional Enneagram Test: While this step isn't required, I encourage all of my clients to take the [Enneagram personality test](#) and their results with me. The Enneagram is my favorite personality tool, and it gives me an abundance of information to work with right out of the gate.

4

Later, I'll email you personally: All of these steps will be emailed to you, and I will personally follow up with a non-automated email to extend a warm thank you for signing up and outline these steps once more. I like to do everything I can to make your journey as smooth as possible.

5

I guide you every step of the way: Once we are online together, I will guide you every step of the way. Coaching calls are unique for everyone, and no matter where we begin the conversation, it will always lead us to the place we need to go for transformation. I hope to have the pleasure of meeting you soon!

Here's what some of my clients have said:



"My mother actually is a nutritionist. I know plenty of healthy eating tips, but my struggle was with the psychological side that Kari writes about. I started coaching sessions after following her website content for a few months.

By helping me understand some of the unconscious things going on in my brain, and giving me day-to-day tools to continue the process on my own, I am happy, relieved, and grateful to say, I actually left a plate of cake half-eaten at a family gathering. This is something that NEVER would have happened before."

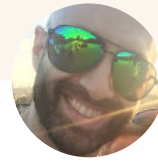
Kelsey K.



"Coaching sessions with Kari are so valuable. She mixes in the humbleness of her own journey, yet focuses on YOU and your journey. I felt HEARD. Listened to. I learned quickly that I could be vulnerable with Kari – she is a safe space.

I am the kind of person that needs to connect with a live human in order to really stay accountable and take action. I look forward to every session, and always walk away feeling clear-headed and knowing exactly what to do next. Kari gives much needed nourishment to our hungry hearts... which is the root of compulsive overeating."

Cretia M.



"As a small business owner and the father of a toddler, I spend a lot of time stressed out. I've done Noom and other diets and never kept the weight off with them. Because really, any strategy that is based around giving up substituting low-fat yogurt for ice cream is doomed from the get-go.

I've found Kari's style of coaching to be wise, open, and truly supportive. What makes her approach so different is that it's helping me to deal with Why I eat, and the What/When/How is changing as a result. Not only am I feeling more in control around food, I see myself becoming a better father, husband, and boss in the process. I can't recommend Kari (and her approach) highly enough."

Sony G.



"I started coaching shortly after I purchased Food Normal. I loved Kari's approach so much that I decided coaching was the next best step. I wasn't sure what I needed from coaching but as we started working together, I never felt so accepted by anyone in my life.

My biggest accomplishment so far is that I went an entire month without compulsive eating, and I didn't even realize it! And before that, I was able to move through the holidays without any binges or overeats, and that's a big deal for me.

Kari can see things that I just don't see until she points them out. Having her support and a judgement free space to express myself and be totally honest has been a truly life-changing experience."

Jennifer B.

Frequently Asked Questions

Below you'll find answers to common (and not so common) questions. If you have any questions that I didn't mention here, please email me at hello@karidahlgren.net and I will be more than happy to help.

Where should I start?

I always recommend that everyone starts with a single session, because we don't know if you need more than that yet. Some clients know they thrive with accountability while others simply need to be pointed in the right direction. Either way, it works best for both of us to keep it simple in the beginning.

Do you have payment plans?

While I do not offer direct payment plans, you have the option to utilize PayPal's 'Buy Now, Pay Later' service when making your purchase. This allows you to spread the cost of your coaching over time, subject to PayPal's terms and conditions. Please note that this arrangement is entirely managed by PayPal, and I do not handle any aspect of the payment process.

Do you offer free consultations?

While I don't offer free consultations, I hope you enjoy all of my free content! The best way to see if we're a good match is to read my emails and watch my YouTube videos. If you find yourself nodding along, we are sure to be a great fit.

Am I a good fit?

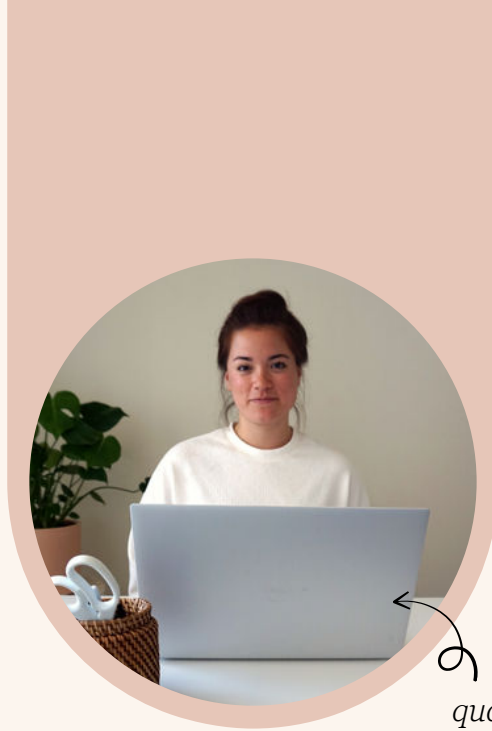
Determining if we're a good match is a personal decision. I suggest [subscribing to my newsletter](#) and delving into the stories I share via email—they offer a more intimate glimpse into my approach compared to my blog, which is more of a professional resource center. Also, take a moment to [watch my YouTube videos](#). If you find yourself resonating with my stories and enjoying my content, then it's a strong sign that we'll work well together!

How can I make the most of our time together?

OK, this one isn't frequently asked, but it's good to know! There's one thing you can do to make even more productive use of our call together: try doing the [Stop, Drop, & Feel](#) at least once. Even if it doesn't work or if you feel totally lost, having one attempt under your belt provides helpful direction for our time together.

Have a question that I didn't answer here? I am always available at hello@karidahlgren.net.





*quality 1:1 time
dedicated to stopping
compulsive eating*

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SIGN UP NOW

