

Your *first* consultation with To Good Health

What to expect

Our first meeting is a chance for us to get clear on where you're at and where you want to go. You'll have space to talk openly about what's going on right now and I'll listen carefully to understand what kind of support you're looking for.

My aim for our initial consultation is to get a clear picture of your current situation, your goals, and how I can help you reach them.



During our conversation, we will:

1 Get an understanding of your current situation

We'll start by talking about what your life looks like right now. What's working well? What feels difficult day-to-day? This gives me a better picture of your current circumstances.

2 Explore what you want to change

We'll look at your specific needs and concerns to work out what aspects of your life could be improved or shifted. Whether it's stress, energy levels, focus, time management, or something else, we'll pinpoint what's most important to you right now.

3 Identify your goals

I want to know what success looks like to you. Where would you like to be in 10 weeks, 6 months, or a year from now? We'll set a clear vision so we both understand what you're aiming for and what kind of results you'd like to see.

4 Recognise and celebrate your strengths

As we talk, I'll highlight your strengths and point out any patterns that stand out. This helps us see where progress is already possible and what we can build on together.

5 Discuss next steps

Based on what I've learned during our conversation, we'll look at what future sessions could involve and what steps I'd recommend to help you move forward.



Book your free consultation **today**

If you're ready to take practical steps toward feeling and living better, I'm here to help.

 **To Good Health**