



The Mindful Cook

A User Guide To Food & Eating Coaching

And Some Tips To Get You Started



BY JOSIE BUCK

Hi! I'm Josie, AKA The Mindful Cook.

Thanks for downloading my e-book.

I wanted to pull together a little information, sharing some of the principles that my food and eating coaching is based upon and providing you with some insight into what to expect if you sign up for coaching with me.

I have also included a few things that will help you to make a head start on your journey to better health and well-being.

I hope you find it useful, much love x



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Some Thoughts to Get You Started:

“We cannot change anything until we accept it.”

Carl Jung



“All that we are is the result of what we have thought. The mind is everything. What we think we become.”

Buddha.



"In a society that profits from self-doubt, loving yourself is a rebellious act."

Anon



"Beauty is not defined by the size of your jeans."

Liv Tyler



"You yourself, as much as anybody in the entire universe, deserve your love and affection."

Kahlil Gibran



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About The Mindful Cook Food & Eating Coaching:

Having been around the revolving doors of slimming clubs more times than I care to remember, I began to think that there must be a better, more holistic approach to health & wellbeing. Something that is sustainable & built upon real food & nutrition, not artificial sweeteners & yo-yo diets.

So I decided to do some research. I began by studying Eating Psychology which taught me many things, most importantly, how our minds are probably the most important factor when it comes to achieving our health goals. Now I am also studying Applied Nutrition so that I can make food suggestions that are beneficial to the health of my clients & develop recipes based on the same principles.

The coaching programmes are built upon eating psychology, holistic well-being & nutrition. We explore your eating patterns, what triggers any unhealthy habits, how you feel about yourself & your body, and we work together using a range of techniques to help you to transform your mindset when it comes to eating and looking after yourself.



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Some Tips to Get You Started

Have a Clear Out!



Social Media:



Delete, un-follow & unlike, pages, blogs and other social media accounts that cause you to compare yourself, get pre-occupied with your looks or feel like you're not good enough. When we are constantly being bombarded with selfies, photo-shopped and air-brushed images, accepting our own bodies is almost impossible!

Faddy Diets:

Burn the diet books! Ok, that might sound a little drastic, but free yourself from dieting messages. Throw out old diet books, un-follow, and unsubscribe from weight and diet media, and focus on nutrition and a healthy mind instead.



Cupboards:

Get rid of artificial sweeteners and products containing them, clear out processed and 'diet' foods and make way for nutritional foods.

Do A Little Research.



Google Intuitive Eating, Non-Diet and Mindful Eating and start to explore healthier and more sustainable ways to look after yourself and develop a better relationship with food.

Topics & Techniques

NB: If you are not open to these, my coaching is probably not for you.

It isn't just about what you eat.

There are 5 areas I believe have a positive impact on health and well-being and each plays a role in the programme.

- ☆ Movement
- ☆ Time for personal development
- ☆ Healthy Diet
- ☆ Being outdoors in nature
- ☆ Having Fun

I don't believe in rapid weight loss.

If you want to lose as much weight as quickly as possible, then I am not your girl. Sustainable gains come from changing your mindset and it doesn't happen overnight. But! It doesn't have to take forever, either. If you really commit to the approach and making changes, it's amazing what you can accomplish in 3-6 months.

We cover topics like:

Acceptance: Body & feelings.

Awareness: Thoughts & behaviors.

Developing self esteem and cultivating self-compassion.

We use techniques like:

Meditation & Mindfulness

Intention Setting

Intuitive Eating

Positive Movement



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What Food & Eating Coaching Is & Is Not

It is

Here and now

Suggestive

Lifestyle

Coaching/Facilitating

Open

Nutrition

Health & Well-being
Focus

Tailored To Individual
Needs

It is not

The past

Directive

Diet

Counselling/Psychotherapy

Closed

Calories

Weight loss Focus

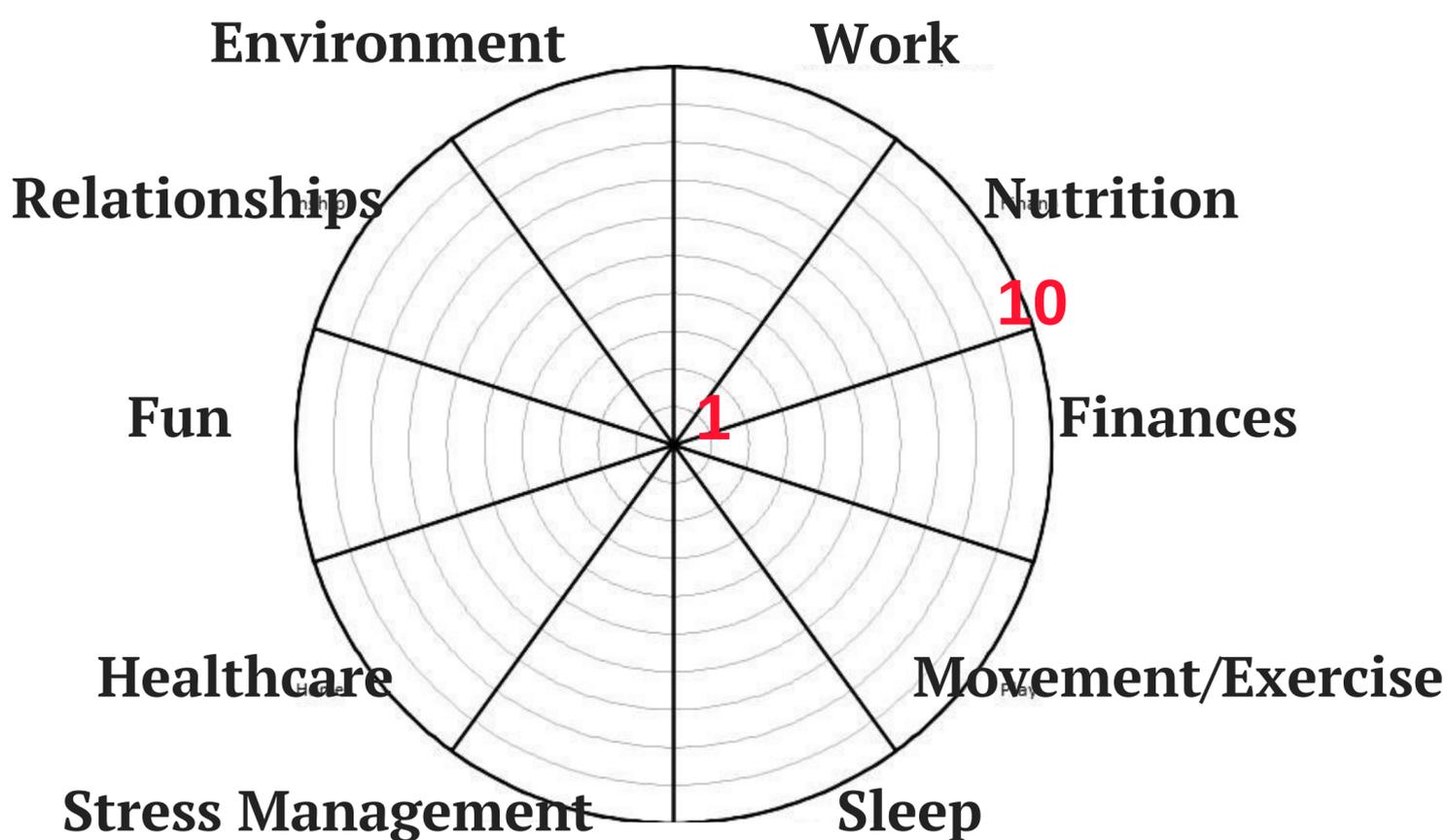
One Size Fits All



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The Wheel of Self Care

A tool I use when coaching is the wheel of self care. It's a helpful tool to evaluate how you are feeling in the areas of your life that contribute to a feeling of well-being .



Each section represents an area of your life that you grade from 1-10 by placing a dot on the line that represents the number you feel best represents your feelings (1 being weak/ low and 10 being strong/high). Once that's done, join up the dots and you have a visual representation of where you are feeling satisfied and where satisfaction is lacking.

Once you know the weak spots, you can give a little consideration to how you might improve things.

Just 10 Minutes A Day Can Make A Huge Difference!

A 10 minute walk, a 10 minute meditation, 10 minutes in the park, 10 minutes to plan meals, a 10 minute chat with a friend, going to bed 10 minutes earlier or 10 minutes with a quiet cuppa. Just adding 10 minutes into your daily routine can start to change things.

Good Clients Get Good Results

Absolutely key to success is that you are:

Open to looking inwardly

Receptive to new ideas

Willing to try techniques

Honest with yourself and me

Motivated to make the most of the opportunity

The clients that do the best are receptive and positive towards the sessions. There have also been clients who I've felt I could have helped more if they had adopted a different attitude to the sessions.

In simple terms - you get out what you put in.

What makes a good client:

1. Commitment to sessions. Prioritising the coaching session is key to getting results. If you are busy I would rather re-schedule to make sure you get maximum benefit.

2. Openness to ideas. I suggest a number of techniques, all of which I believe can have a positive effect on the outcome for you, being open to trying them out is key.

3. Openness to discussing your situation and answering sometimes challenging questions. The coaching process is all about looking inwardly so you are able to find the answers.

4. Motivation. You have to have it. Otherwise there is no point in investing time and money in the programme. I can point you in the right direction, but ultimately YOU have to do the work.



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Space For Notes & Any Questions You Might Have For Me



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