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🍎 **Nutrition Coaching...**  
**"because life can  
 get in the way of  
 the best intentions."**



## Nutrition Coaching

My experience as Chief Dietitian of Shaughnessy Hospital and Grace Hospital in Vancouver and later as Executive Director of the BC Heart Health Network, led me to recognize that Nutrition Coaching is the most effective way to change eating habits to achieve positive, long-term results.

Eating well is not about guilt or willpower. It is about making choices that fit your lifestyle.

Nutrition Coaching is a process of structured conversations and learning activities aimed at helping you create a new way of eating that you can sustain and enjoy for always . . . *even when life gets in the way of the best intentions!*

We are all creatures of habit. Lasting change comes from being aware of your habits, unlearning old patterns of behavior that get in the way, and practicing these new skills through life's challenges.

As Your Nutrition Coach and mentor I will support you in a non-judgmental, confidential way, as we build your personal Turning Points Plan and keep you focused on your goals, so that you can achieve and enjoy lasting results.



Through this unique coaching process, you will:

- assess your eating habits and lifestyle
- build a personalized Turning Points Plan that works for you
- acquire skills and tools to cope with the challenges of changing habits
- practice your skills
- unlearn old behaviors that get in the way
- develop your nutrition savvy
- remain focused on your goals

*Ramona's programs have won provincial and national awards for excellence in health promotion.*

