

Health and Wellbeing Coaches

Abigail Shaw



Beatrice Hunt



We are Registered Associate Nutritionists with joint backgrounds in health coaching, weight management, behaviour change, nutrition research, psychology and fitness training.

Our health and wellbeing service combines lifestyle interventions and behaviour change coaching to empower patients to make positive changes to their health.

Target areas include:

- Healthy eating
- Weight management
- Low level disordered eating (i.e., to improve unhealthy relationships with food)
- Low level mental health (i.e., low mood, stress, and anxiety)
- Improving overall wellbeing
- Managing alcohol consumption
- Physical activity

If you would like to book a consultation with us or have any questions about whether this service would be suitable for you, please speak to your GP or reception staff.