



DR LAUREN BURNS
Elevating Potential

PERFORMANCE AND LIFESTYLE COACHING



DR LAUREN BURNS

- | PhD
- | OLYMPIC GOLD MEDALLIST
- | NATUROPATH & NUTRITIONIST
- | AUTHOR
- | SPEAKER

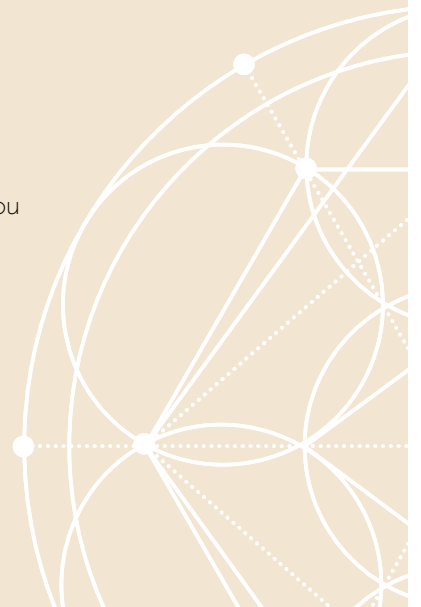
As a qualified health professional, Lauren combines her experience in elite sport, health and nutrition with her Doctoral research in lifestyle, mindset and interpersonal relationships, to assist you in finding your own personal rhythm, clarity and road-map for any life stage.

This is your chance to work one-on-one with an Olympic gold medallist and qualified health professional, who is dedicated to assisting you achieve direction, purpose, self-belief and strategies for self-care, vitality and implementation of goals.



PERSONALISED PERFORMANCE & LIFESTYLE SESSIONS CAN HELP YOU:

- To create healthy habits which support you into the future
- Provide an individualised health plan for your own personalised rhythm and life stage
- Create a roadmap that matches your vision for the life you want, short and long term
- Understand your unique strengths and values
- Set clear achievable goals which are aligned to your values and which inspire and motivate you
- Support you in achieving milestones in your personal and work life
- Provide accountability to commit to goals and ways to work toward achieving them
- Create strategies to use your time more effectively
- Provide nourishing recipes and recommendations for healthy meals
- Empower you with skills and strategies to steer your own ship with clarity and purpose



PERFORMANCE & LIFESTYLE PACKAGE

STRATEGIC INDIVIDUALISED SESSIONS

A personal approach to create optimal vitality and flourishing.

STAGE 1

THE FIRST STEP

- Health and wellness review
- Clarifying your goals and objectives
- Establishing a plan
- Nourishment strategy

STAGE 2

DISCOVERY

- Self-connection
- Alignment with your core values
- Discover areas of your life that are draining you
- Solidifying habits and self-care strategies to support YOU

STAGE 3

PLANNING AND GOAL SETTING

- Creation of your road map
- Big picture analysis
- Specific, detailed planning for your future
- Setting boundaries

STAGE 4

FLOURISHING

- Mindset skills
- Learn effective time management strategies
- Food preparation and nutritional strategies to support your vitality
- Strategic planning inclusive of all aspects of your life

"Lauren's approach is all about YOU. Assisting you in finding direction, purpose, clarity and vitality on your journey. Through her own experience in health, nutrition and high performance, Lauren utilises her skills in planning, goal setting and creating solid habits and foundations to assist you in reaching your full potential."



"Lauren Burns is one of the most incredible people on this planet. Her wisdom and passion for living is admirable, infectious, something which I have observed as one of her biggest strengths, amidst many others. She has taught me a seemingly infinite number of things and has been better than any sport psych I have ever worked with. She is someone that I know understands the inevitable pressure that I sometimes feel. To have her in my corner is an immense confidence booster leading into next year."

Jaryd Clifford, Paralympian
1500m & 5000m World Champion

PACKAGE INCLUSIONS

- Initial 60 minute personal coaching session (via phone and/or in person), followed by 3 x 30 minute sessions
- Sessions conducted fortnightly
- Course material
- Opportunity to add more sessions is available

Prescriptions of nutritional supplements, herbal medicines and/or any pathology testing will be charged separately and discussed with the client.



LAUREN
BURNS

OLYMPIC GOLD MEDALLIST | TAEKWONDO | SYDNEY 2000
PhD (Lab ClinSci) | NATUROPATH & NUTRITIONIST (BHSc) | OAM
AUTHOR | SPEAKER | PROFESSIONAL REGISTRATIONS: NHAA, TGA: 153763
laurenburns.com | info@laurenburns.com