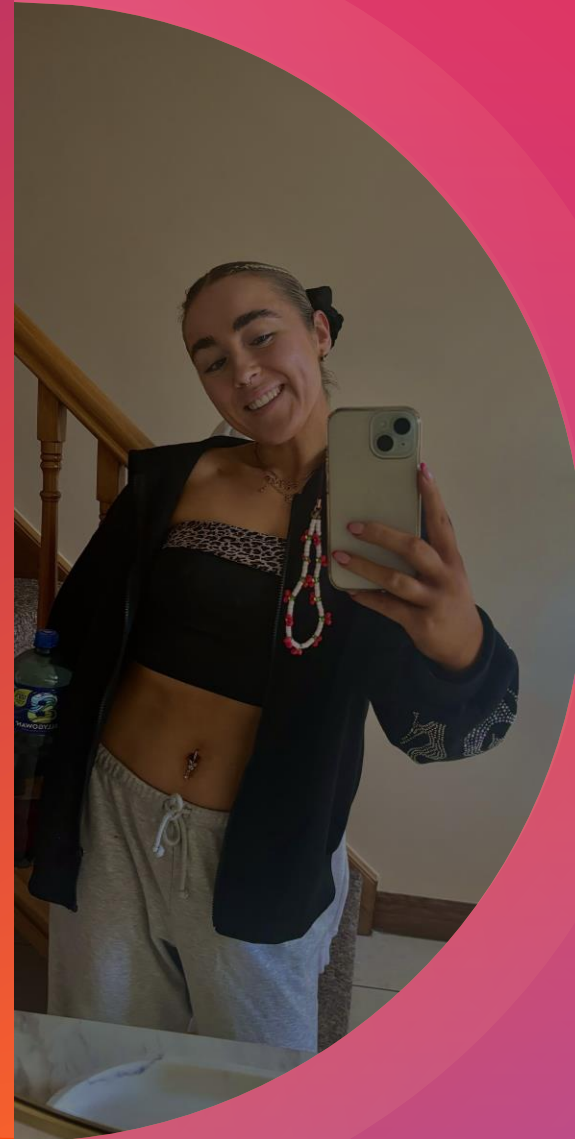


ONLINE COACHING DETAILS




FIRSTLY, THANK
YOU SO MUCH
FOR PUTTING
YOUR TRUST IN
ME! I PROMISE TO
FULFIL THIS TO
THE HIGHEST
STANDARD 🙌



ABOUT ME

Let me introduce myself! 

My name is Erin Gallagher.


I have a passion for all things fitness and lifestyle, as well as putting smiles on people's faces 

So let's get stuck in 

ABOUT ME


For almost a decade, I have been self-training, now you are joining me in my new venture of online coaching




Over this time, I have experienced several phases of feeling completely overwhelmed, uncertain, and utterly confused 

Allow me to assist you in avoiding every stage of that!

MY GOAL

My mission is to empower my clients with knowledge about nutrition, training, exercise, and healthier choices in life. I want to do this not only by providing them with the resources they need to transform their lives, but also by educating them and helping them 

I want my clients to feel as though they can confide in and talk to me whenever they feel like it. You are free to communicate with your coach at any moment or on any number of occasions. There are never any stupid or silly questions, any query you have is a relevant one 


PACKAGES & PLANS


For my individualised online coaching, I provide a variety of options and bundles. From lifestyle, fat-loss, muscle gain, body recomposition, mental and physical transformations, and more 🙏

As I educate you along the road, my main focus is on helping you reach your goals and doing so within the parameters of the package you have selected 🏆

I currently have packages available for 4, 6, or 8 weeks, with different price ranges 😊

WHAT HAPPENS AFTER YOU SIGN UP?

Upon signing up with Erin Empower, we will utilise my Q&A form to facilitate a thorough conversation about your goals and present circumstances 

I will be able to build and personalise your plan just for you after I have obtained every relevant detail from you 

MY COACHING APP EXPLAINED

Both my coaching app and I will be available to you at all times. You can reach me at any moment for assistance and to get the answers to any questions you might have 🤔?

I'll develop and distribute your cardio, exercise, and nutrition plan via my app. Every workout will include all necessary information and guidance, making them incredibly simple to complete. Don't worry if you're not into the whole gym scene. Through the use of home workouts and/or physical activity prescription, you can also be catered for! 🏃

Your nutrition and diet plan will be customised based on your individual goals, routine, preferences, and lifestyle. Adjustments will be made as necessary



ACCOUNTABILITY



Every week, on the day of your choice, we will complete a thorough online check-in 📝

You must complete a weekly check-in form that I have provided for you in order to accomplish this. All relevant feedback is discussed here, along with progress pictures and suggestions and feedback on how I could improve both your coaching experience and mine. We're a team!



**WHAT'S
NEXT?** 🤔

PLEASE LET ME KNOW
IF THIS SEEMS LIKE
SOMETHING YOU
WOULD BE INTERESTED
IN, AND I WILL BE
HAPPY TO ANSWER ANY
MORE QUESTIONS YOU
MAY HAVE AND SEND
YOU INFORMATION
REGARDING THE
COACHING
PACKAGES 🔥

AGAIN, I SINCERELY
APPRECIATE YOUR
INTEREST 🙏

I AM TRULY HOPING TO
HEAR FROM YOU HEAR
FROM YOU SOON 😊

ERIN GALLAGHER 💖

