SCULPT

Feeling burnout by life or gym culture... welcome!

This is where you find 1-1 coaching that is human centred.

It's where strength meets softness, and gives you the long term, desirable results you've been looking for!

The kind that leaves you feeling energetic, resilient and stronger in your mind and body.



Ready to feel fit, strong and grounded without self criticism or punishment?

APPLY NOW

SCULPT

1-1 coaching means that we work together to explore **your** fitness, **your** roadblocks, **your** wellbeing, and what *really* **matters** to you.

You don't need to start over, or work harder.
Fitness shouldn't take something away, it should give back.
The coaching process is built entirely around you and your capacity.
We find long term strategies that support you and your wellbeing for life.

> ***July's professionalism and the tailored approach to ensuring 1-1 support across my life stages has been exceptional***
> ***- Jo***

APPLY NOW



SCULPT

Fitness and Wellbeing that's expansive instead of restrictive.



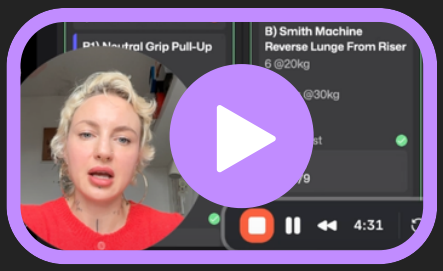
APPLY NOW

SCULPT

What's included:

- 1-1 Monthly call
- Monthly Client Education - delivered online
- A programme and strategy designed just for you - ***Want to see a walk through of a programme?***

Click the play button.



- **£279/month -** 6 month commitment

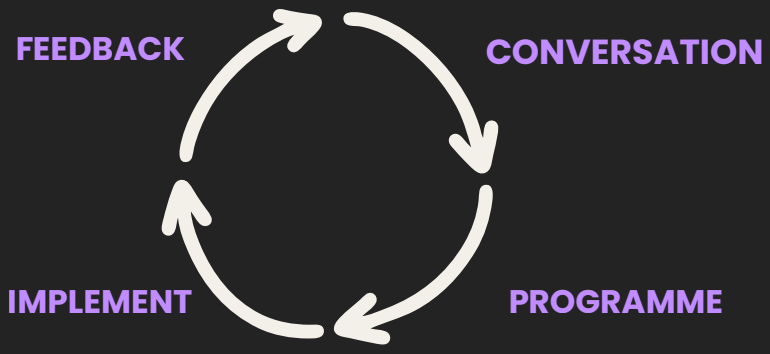
This means we have space to build trust and momentum which is required for real change that lasts.

APPLY NOW



SCULPT

Here's how it works:



1. CONVERSATION

We explore your goals, intentions, capacity and roadblocks. Our monthly calls help us to update the programme and strategy in real time.

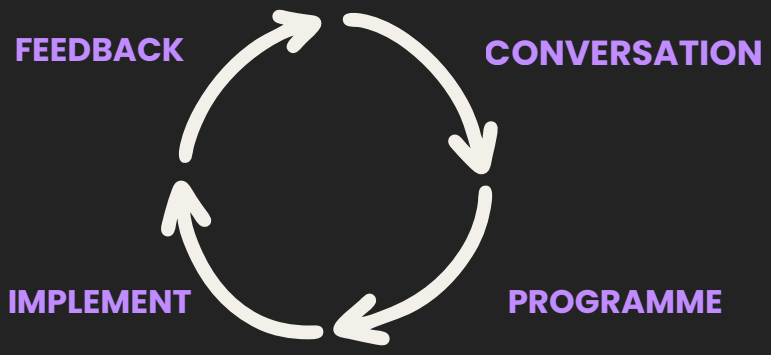
2. PROGRAMME

Together we design an efficient and effective programme that feels realistic, personal, and aligned. This makes it sustainable.

APPLY NOW

SCULPT

Here's how it works:



3. IMPLEMENT

This is your devotion to yourself, you'll record your actions and feedback in our shared space.

4. FEEDBACK

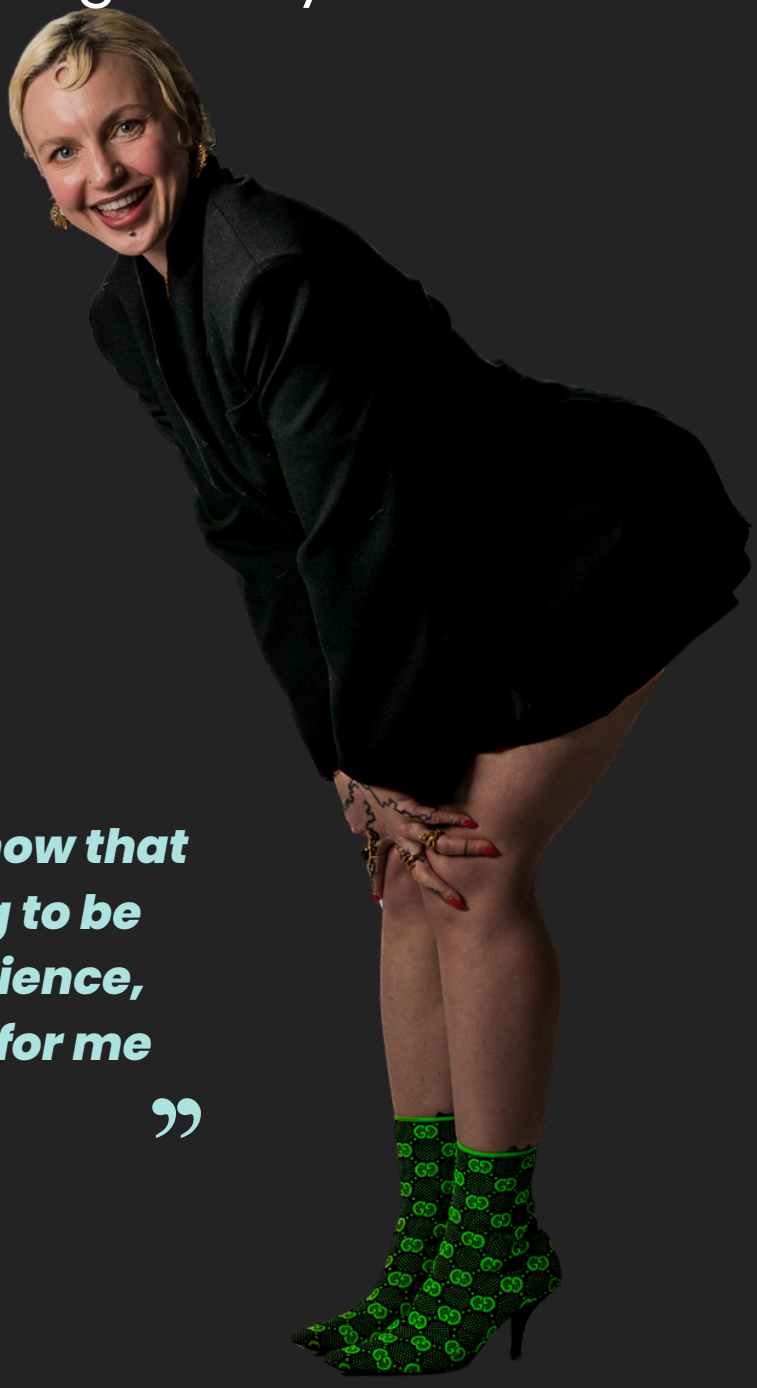
This is a two way feedback loop! I'm in your corner whilst you implement and I'm here to listen to how it felt. I'll make adjustments as necessary and feedback on any questions.. Ready for our next monthly call + conversation.

APPLY NOW

SCULPT

Click the link below to enquire and **I'll reach out to you via email** within 48 hours to arrange a quick call, here we'll see if its a good fit for you and I'll answer any questions you may have.
I look forward to hearing from you!

APPLY NOW



"Working 1-1 with July, I know that my programme is going to be based on years of experience, optimised and adapted for me"
- Harry