

## **Weight Loss Solutions for Life Tailor Made One to One Coaching: Helping you get the best from your Weight Loss Surgery**

An innovative four week course, focusing on the psychological aspects necessary for long-term success with your bariatric surgery. Suitable for those preparing for surgery or those adapting to life post surgery.

The course will introduce you to the following:

- Psychological skills to help you engage with your surgery for successful weight loss, including challenging old habits and building self esteem
- Skills and education for maintaining weight loss for life
- An opportunity to understand why you eat, the way you eat, so that food is just food, not an emotional roller coaster

Over one and a half hours each week, for a four-week period, you will be guided through a process of knowledge, self-awareness and practical exercises, to enable you to get the best from your surgery.

This is not a diet, but a whole new way of understanding yourself and living with food.

The course is offered by Sarah Wigglesworth, our qualified and experienced psychotherapist. Sarah has for many years worked with people before and after weight loss surgery, helping them achieve their long term goals around weight.

The course takes place at Sarah's Private Practice based in East Grinstead.

For cost and further information call Sarah on 07955 339200 or email [swrigglesworth@hotmail.co.uk](mailto:swrigglesworth@hotmail.co.uk)

## **What previous participants have said about Weight Loss Solutions for Life:**

"I wish I had done this years ago" Sally B

"This makes so much sense, why didn't I know this already" Katherine S

"With Sarah's help I have lost 51lbs and still losing, in a way I understand and can sustain" Suzy T

"Why isn't this being taught in schools, everyone should do this course"  
Emma C

"You should write a book!" Sophie S

"I was so confused about how I felt about my diet, what I should and shouldn't do, that I'd lost my way completely, with Sarah's help I now get it – hurray!" Tessa J