



Bodhi Health

COACHING PROGRAMS



CAT COXON

FOUNDER & OWNER
OF BODHI HEALTH

OVERVIEW

At the core of my integrative nutrition health coaching approach is the belief that each person is a bio-individual - uniquely shaped by their genetics, lifestyle, environment, and emotional well-being. There is no one-size-fits-all path to health, which is why personalised support can be the key to lasting transformation.

This document outlines the range of Bodhi Health coaching programs, designed to meet you where you are on your health journey and guide you toward your goals with compassion, clarity, and accountability. Whether you're looking to improve your energy, heal your gut, reduce stress, balance hormones, or simply feel more at home in your body, these programs provide structured yet flexible support tailored to your unique needs.

The journey can be challenging, but with the right tools, insights, and partnership, it is absolutely worth it. As your coach, I'm here to walk beside you - helping you turn small, sustainable changes into a healthier, more vibrant life.



Why Invest?

- Working with a health coach is more than a wellness trend. It's a proven, personalised investment in your long-term health and well-being.
 - Up to 85% of chronic conditions are driven by lifestyle factors like nutrition, stress, sleep, and movement. The good news? These are all areas where health coaching shines.
 - **You are your greatest asset.** Studies show that health coaching doesn't just transform health; it can reduce healthcare costs, improve work-life balance, and strengthen your resilience.
 - 95–99% of coaching clients report being satisfied or very satisfied with their experience .
 - Clients working with coaches are 80% more likely to make healthy choices.
 - 82% of people credit coaching with better stress management.
 - 60–80% of people see improvements in physical activity, self-confidence, and lifestyle habits
-

The process



Step 1: Complimentary Discovery Call

We start with a free 45 minute discovery call to explore your goals, challenges, and vision for your health. This is a no-pressure space where we get to know each other and determine whether coaching is the right next step for you.

During this call, we'll discuss:

- What's currently going on in your health and life
- What you've already tried and what's still feeling out of reach
- What kind of support would feel most helpful
- How my coaching programs work and what might be the best fit

This call is about connection, not commitment. It's your opportunity to ask questions and see how a tailored coaching partnership could support your goals.

Step 2: (Optional) Functional Testing for Deeper Insight

To help you jump-start your progress with clarity and confidence, some clients choose to begin their journey with advanced wellness assessments. These are optional, and charged additionally, but can offer powerful insights to personalise your plan from the start.

(Choose this and save 10% on your coaching program.)

◆ BioScan

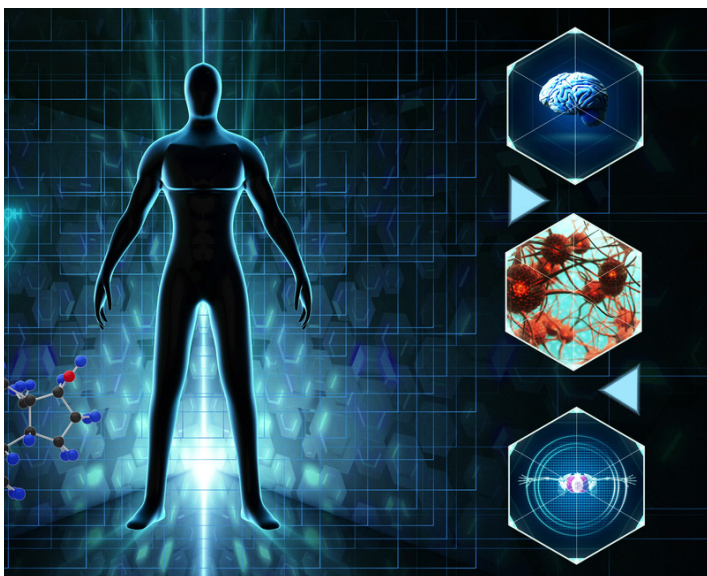
A non-invasive scan that uses biofeedback to assess energetic imbalances in the body related to nutrition, stress, organs, and environmental factors.

Benefits: Quick insight into your body's stressors, sensitivities, and support needs.

◆ 3X4 Genetics Test

A simple at-home cheek swab test that analyses over 150 gene variants related to nutrition, exercise, detoxification, inflammation, and more.

Benefits: A clear, science-backed view of how your genes influence your health, and how to make targeted lifestyle choices accordingly.



Program options

After your discovery call (and optional BioScan or 3X4 genetics testing) we'll decide together which coaching package best supports your goals, lifestyle, and level of support needed. Whether you're looking for deep transformation or steady progress, there's an option for you.



Health & Wellness Kickstart

If you are new to health coaching and want a gentle, supportive introduction to foundational wellness habits. Ideal if you're curious about coaching, but not ready to commit long-term.

- Four weekly 60-minute coaching sessions
- Foundational guidance in nutrition, stress, sleep, and lifestyle habits
- Weekly focus areas to build sustainable momentum
- Optional 15-minute email or voice note check-ins for support
- Basic goal-setting & habit tracking tools provided

Investment: 💰 ZAR 4,000 | 🇺🇸 USD \$250

Commitment: 4-week short-term package

3-Month Intensive Transformation

If you are ready for a deep dive into health, habits, and healing.

- Six biweekly 60-minute coaching sessions
- Wellness strategy session & goal mapping
- Personalised nutrition, lifestyle & supplement support
- Between-session support via WhatsApp/email

Investment:

💰 ZAR 5,400 total (or 3 x ZAR 1,800/month)

🇺🇸 USD \$285 total (or 3 x \$95/month)

Commitment: 3-month package

1:1 Coaching – Ongoing Monthly Support

If you want ongoing guidance and accountability with room to grow.

- Two 60-minute coaching sessions per month
- Personalised plans, action steps, and resources
- Voice note/email support between sessions
- Wellness tracking (optional)

Investment: 💰 ZAR 1,800/month |

🇺🇸 USD \$95/month

Commitment: Month-to-month
(minimum 2 months recommended)





NEXT STEPS: LET'S BEGIN YOUR WELLNESS JOURNEY

Taking the first step toward better health can feel big, but you're not doing it alone.

Here's how to get started:

1. Book Your Discovery Call
👉 [booking link](#)
2. Choose Your Program
3. (Optional) Add Functional Testing
4. Begin Your Coaching Journey

I look forward to working with you! XC

DISCLAIMER

The information and guidance provided through these coaching programs are for educational and wellness purposes only and are not intended to diagnose, treat, or cure any medical condition. Integrative Health Coaching is not a substitute for professional medical advice, diagnosis, or treatment. Always consult with your physician or qualified healthcare provider regarding any medical concerns or before making significant changes to your diet, medication, or lifestyle. All client information is kept strictly confidential in accordance with standard ethical coaching practices.



CONTACT DETAILS

- cat@bodhihealth.co.za
- 082 558 4216

FIND US ONLINE

- www.bodhihealth.co.za
- [@bodhi.toawaken](https://www.instagram.com/bodhi.toawaken)

