

C O C O O N

MODE DE VIE

## WELLNESS PACKAGES

Balancing both physical and mental health



## ACCOUNTABILITY COACHING

with Sarah Morrissey, Therapist and Health Coach

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Faced with an increasingly frenetic lifestyle, it is all too easy to forget to prioritise our own wellbeing. At Cocoon we have created a virtual wellness clinic, this means that wherever you are we will ensure you have the wellness access and support you need.

Beginning with a personalized consultation with one of our specialists, we tailor a package of services to meet your needs. No matter how busy your lifestyle, we help you achieve your wellness goals.

We partner with the most sought-after experts in the fields of alternative medicines, nutritional therapy and modern healthcare, who will create bespoke programmes to support your wellbeing.

We have tailored our services to offer post pandemic therapies. At Cocoon, we believe in a 360 approach to wellness, your Cocoon consultant will work with you to find the best resources based on your concerns and preferences.

Sarah's passions lie in Psychology and Neuroscience; she also looks at how diet and exercise can directly impact your wellbeing, changing the balance of stress hormones in the brain. Sarah is currently finishing a master's degree in Psychology, she is a qualified Health Coach and has recently qualified in Post Pandemic Trauma therapy.

Her preferred area of practice will always be Trauma and PTSD; however, she is an advocate of 'we are what we eat'; balancing nutrition with mental health, driving a Mind Body approach to wellness.

- Accountability Coach
- Trauma focused therapies
- Post Pandemic Trauma
- PTSD focused therapies
- Qualified Health Coach (diploma)

**Accredited by**

- CIDESCO Comité International D'Esthétique et de Cosmétologie
- UK Health Coaches Association, IICT (International Institute for Complimentary Therapists) Association of Naturopathic Practitioners
- UK Health Coaches Association Coaching for a post-traumatic, post-pandemic world University of Cambridge Institute of Continuing Education



# COCOON WELLNESS PACKAGES

## Running on Empty

How to Detox: Fasting, Weight Loss and Energy. Understanding detoxification, learn how to detox safely, how toxins are absorbed not only in food but also through the skin and recognising toxic exposure, signs and symptoms. Through toxins we ingest and learn how to reduce the load in your daily diet.

Intermittent fasting and how to train the body for a fast. Understand normal reactions to fasting. Creating a program that works to maximise the benefits and that fits into your daily life.

## Healing the Gut and Boosting the Immune System

All diseases begin the gut (Hippocrates). This program helps to understand how to get a healthy gut through nutritional support and medication. It also looks at environmental impact and focuses on applying a healthy balance to your diet.

Identifying and knowing what alters the good bacteria in your gut, building this knowledge into day to day living to support your immune system, but also work at preventive measures towards illness and disease.

This program will teach you how to clean the gut, heal the gut, the impact of overeating, junk foods and factor in the impact of allergies. A natural approach to targeting allergies and immune deficiencies.

## Nutrition for Everyday Living

What is a balanced diet? Promote health and wellbeing, reduce risk and disease and look at the impact of sugar and diabetes. Defining a program based on individual requirements considering, age, illness, physical activity, environment and constitution.

Incorporate a blue zone diet as part of the program. Look at how to combine foods for health benefits (The Hay Diet). How to track your food and eating habits, looking at strategic food diaries.



# COCOON WELLNESS PACKAGES

## **Importance of Diet: The Gut our Second brain**

Looking at GIT and Immune Cells and the integration between the immune system and gut flora to ensure you have a healthy immune system.

How to manage stress and understand the impact stress has on this area known as mind-gut connection. Managing inflammation and learn what foods to avoid and foods to include in your diet. Promoting Immunity with a natural approach, autoimmunity, Systemic Lupus Erythematosus (SLE) understand signs and symptoms.

## **Stress and Burnout Management**

Stress and burnout prevention. Working through to understand stress, stress triggers, excessive levels of stress. Work towards strategies to prevent burnout in the workplace, warning signs of workplace burnout, stress when working from home.

Spotting the early warning signs can avoid or reduce burnout. A balanced work-life situation can create a more positive work environment and a growth mindset. There is a proven link between job satisfaction and mental health.

Program to include techniques like S.O.B.E.R. Stop what you are doing, Observe what is happening around you, Breathe, Expand awareness to include your full body, Respond with awareness. Implement a coping strategy wheel and stress management visual plan.

## **Post Pandemic Reset Program**

Understanding – As more and more of us are working from home we are feeling every day is repetitive, lack of motivation and realising we are putting longer hours into our working day than if we were in the office, lack of exercise and poor diet has led to physical and emotional issues.

This program will look at combining fitness, diet and therapy coaching and pressing the reset button to cover all these important aspects in your daily life.

## **Group/Family Post Pandemic Trauma**

Understanding the underlying event. Is it COVID-19 and the fear of catching the virus or has working from home in the safety of your bubble created back to work anxiety. Are you dreading the daily commute and feeling anxiety in social situations.

## **Dealing with Uncontrollable Circumstances**

Gaining an understanding of one's possibilities and limits of control is the key to developing a "healthy" level of personal control.

Self-awareness and knowledge about personal control, allowing for investment of time and energy into situations that are within your personal control and avoid wasting time on situations that cannot be controlled.

# COCOON WELLNESS PACKAGES

## Mindfulness and Meditation

How to include Diaphragmatic Breathing (Belly Breathing) into your day when symptoms of anxiety and stress start to surface.

Mindfulness practice to switch off from the hectic life of everyday by focusing on your intentions. In mindfulness practice, you will learn to use the breath to create inner peace and calm.

By connecting to the breath, inner emotions may initially run high as you disconnect from upsetting thoughts, emotions and other stressors that disrupt inner peace, in practice and over time this will become easier and more calming.

## Meta-Awareness: Mind-wandering

The practice of meta cognitive insight in line with meditation and mindfulness to all observation of thoughts, awareness and feelings as they are happening.

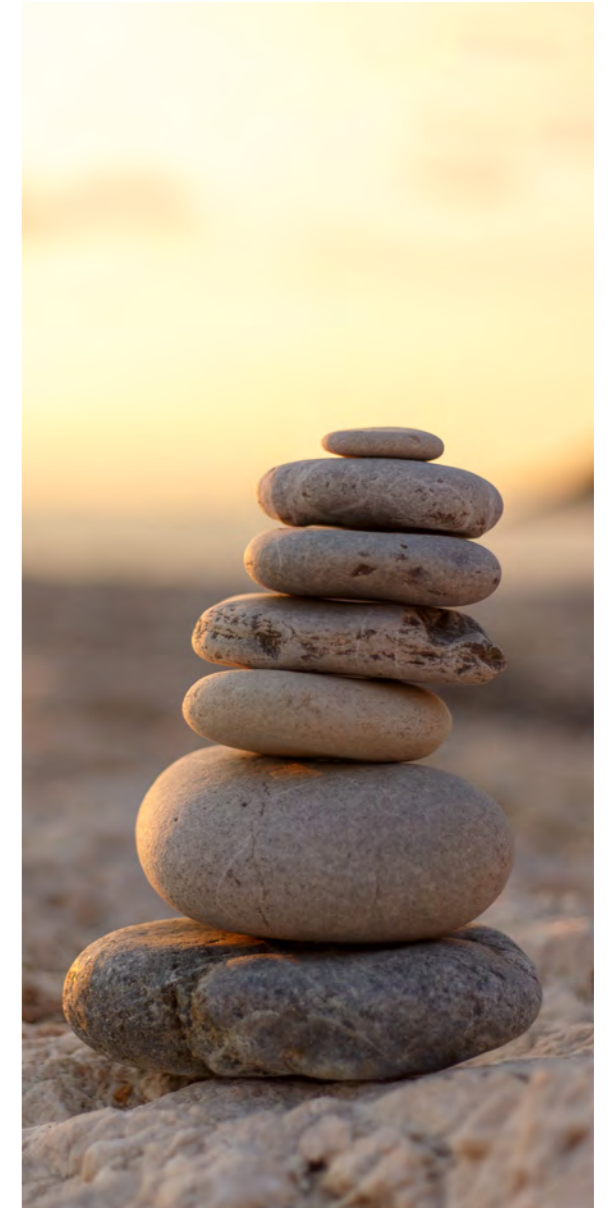
## Motivations and goals 12-week program

Tailored accountability coaching to meet your needs. Target driven program to support you to work through your challenges but also keep you on track in meeting your goals with accountability awareness and acceptance.

## The science of self-awareness

Applying the approach of Sailboat Metaphor; a science-based method of psychology to address well-being. Comparing human functioning to a sailboat and its journey how to incorporate the metaphor by identifying the symptoms and consequences of conditional self-worth.

Learn how to be more compassionate and acceptance of oneself avoiding low self-esteem. Look at the various forms of motivational approaches which can be applied to help with self-improvement.





## COCOON WELLNESS PACKAGES

### Health Coach 12-week Program

Tailored package to include fitness and health plan and tailored therapy/coaching to keep you on track and deal with some of the obstacles that could stall the program.

Understanding food, food allergies, farmhouse sourced and how to be organic, positive foods for illness and disease and foods to avoid. Foods to support the immune system, arthritis, understanding diabetes and the signs and symptoms.

### Health Coach Add on Session

One off session to tweak areas that need some work, specific to you.

### Wellness Retreats

Cocoon Mode de Vie offers retreats in partnership with Cocoon Accommodation creating the ultimate wellness experience to restore mind, body and soul.

All Cocoon Members can enjoy VIP benefits with our luxury brand partners ensuring you receive priority bookings to any specialist retreats.

# COCOON WELLNESS SPECIALIST SERVICES



At Cocoon Mode de Vie we have created a virtual wellness clinic where experts in their field can ensure you have the wellness access and support you need.

## Trauma Therapy

Trauma impacts us all either directly or indirectly. We determine the root cause of your level of self-awareness and how trauma is presented in the here and now. Applying the science of neuroplasticity, we work towards moving away from the impact of trauma stresses.

## Osteopathy

Specialist consultants who apply a holistic approach to the skeletal system in the form of touch and movement of the joints to also include the digestive, musculoskeletal and respiratory systems.

## Nutritional Therapy: Naturopathic Nutrition

A personalised nutritional approach to behavioural health looking at whole foods and organic food as medicine. The importance of detoxification and cleansing. Understanding the science of nutrition and its importance for both mind and body.

## Acupuncture

Qualified practitioners on hand to apply the art of Acupuncture which is used mainly to relieve discomfort associated with a variety of diseases and conditions and as a preventive medicine.

## Post Pandemic Life Coaching

Living with anxiety, acute agoraphobia or fear of public engagements post Covid-19 or even living with the effects of long Covid? Reset the mind and body and focus on the importance of diet and exercise when tackling some of today's post pandemic impacts.

## Covid-19 Resilience

A psychological therapy consultation to establish the after-effects of Covid. From this we will build a personalised plan including a nutrition regimen and targeted treatments to help alleviate long Covid symptoms.

## Menopause Therapy

Experienced practitioners who can offer not only medical but natural therapies with a focus on peri-menopause and the menopause, advising on the importance lifestyle changes, diet and fitness.

## Cognitive Behaviour Hypnotherapy

Combining CBT and progressive hypnotherapy allows a targeted approach to therapy, working at reprogramming deep routed subconscious patterns and implementing new behavioural patterns and responses to everyday life. A positive approach to making changes now.

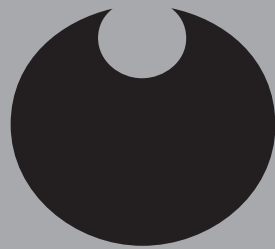
## Natural Therapies

A Naturopath health practitioner who applies natural therapies from fasting, nutrition, Homeopath and Herbal Medicine, as well as the use of modern methods like Bio-Resonance, Ozone-Therapy and Colon Hydrotherapy.



# COCOON WELLNESS MEMBERSHIP

MEMBERSHIP OPTIONS	COCOON LIFESTYLE MEMBERS	BRAND PARTNER DISCOUNT	MEMBERSHIP TERM	EXCLUSIVE PACKAGES OR DISCOUNTS
<b>DETOX PACKAGES</b>				
Running on Empty How to Detox	10% off	10%	Phase 1 8 sessions	10% off subsequent packages
Healing the Gut and Boosting Immunity	10% off	10%	Phase 1 12 sessions	10% off subsequent packages
Stress Management Importance of the Gut; our Second Brain	10% off	10%	Phase 1 8 sessions	10% off subsequent packages
Nutrition for Everyday Living	10% off	10%	Hourly or 8 sessions	5% off subsequent packages
<b>MODERN THERAPIES</b>				
How to Apply Gratitude and Appreciation to your Life	10% off	10%	Phase 1 4 sessions	5% off subsequent packages
Meta-Awareness	10% off	10%	Phase 1 and 2 6 sessions	5% off subsequent packages
Mindfulness and Meditation	10% off	10%	Phase 1 and 2 6 sessions	5% off subsequent packages
Motivations and Goals	10% off	10%	Hourly 12 sessions	5% off subsequent packages
Dealing with Uncontrollable Circumstances	10% off	10%	Phase 1 12 sessions	10% off subsequent packages
Self-Awareness Therapy	10% off	10%	Hourly	5%
Coaching/Therapy	10% off	10%	Hourly	5%
Stress and Burnout Management	10% off	10%	Hourly 12 sessions	10% off subsequent packages
Post Pandemic Reset Program	10% off	10%	Hourly 12-24 sessions	0% off subsequent packages
Health Coaching 12-Week Program	10% off	10%	Hourly 12 sessions	10% off subsequent packages
Group/Family Post Pandemic Trauma	10% off	10%	Hourly	POA max of 6 per group



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