

C O C O O N

MODE DE VIE

WELLNESS PACKAGES

Balancing physical and mental health



ACCOUNTABILITY COACHING

with Sarah Morrissey, Therapist and Health Coach

Faced with an increasingly frenetic lifestyle, it is all too easy to forget to prioritise our own wellbeing. At Cocoon Mode de Vie 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 personalised 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 medicine, nutritional therapy and modern healthcare, who will create bespoke programmes to support your wellbeing.

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

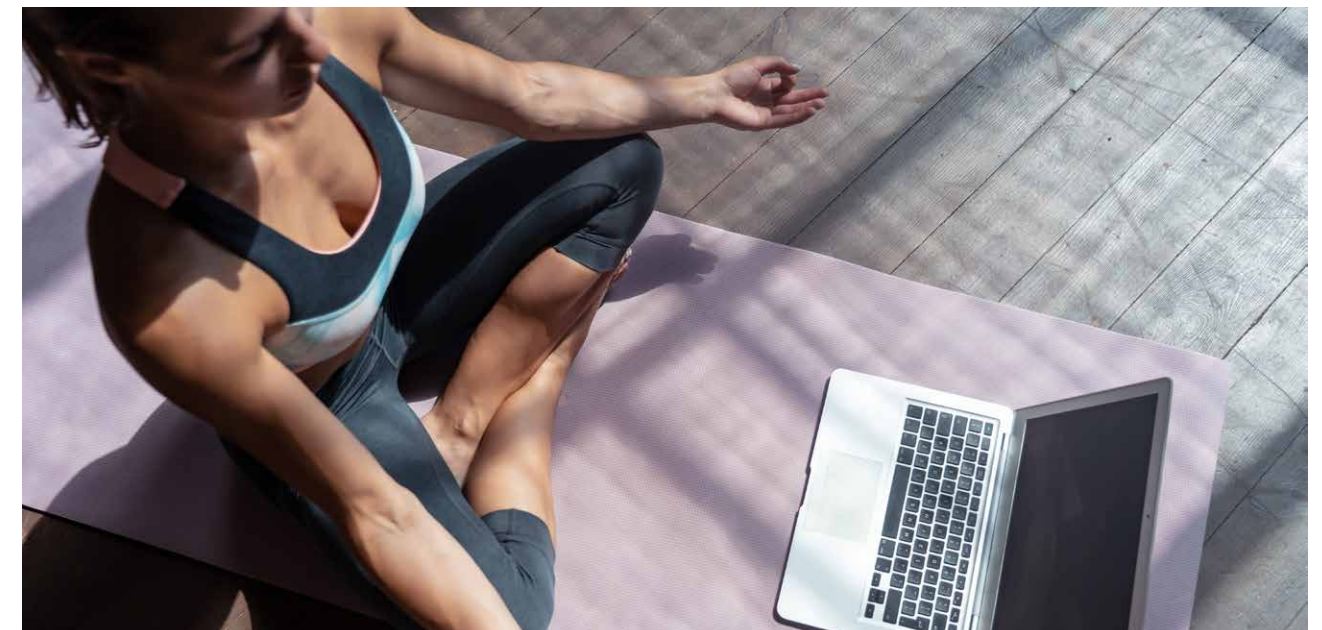
Sarah's passions lie in Psychology and Neuroscience; she also looks at how diet and exercise can directly impact your wellbeing, changing the balance of stress hormones in the brain. Sarah is currently finishing a master's degree in Psychology, she is a qualified Health Coach and has recently qualified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



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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. 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 programme 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 programme helps you to understand how to maintain 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 to combat illness and disease.

This programme 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 programme based on individual requirements considering, age, illness, physical activity, environment and constitution.

Incorporate a blue zone diet as part of the programme. 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.



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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 the area known as mind-gut connection. Managing inflammation and learning what foods to avoid and foods to include in your diet. Promoting Immunity with a natural approach, autoimmunity, Systemic Lupus Erythematosus (SLE), understanding signs and symptoms.

Stress and Burnout Management

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

Spotting the early warning signs to 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.

Programme includes 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, and Respond with awareness. Implementing a coping strategy wheel and stress management visual plan.

Post Pandemic Reset Programme

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 programme will look at combining fitness, diet and therapy coaching, and pressing the reset button to cover all these important aspects of 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? We address these questions and develop suitable coping strategies.

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.

This programme covers self-awareness and knowledge about personal control, allowing for investment of time and energy into situations that are within your personal control and avoiding wasting time on situations that cannot be controlled.

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Mindfulness and Meditation

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

A mindfulness practice enabling you to switch off from a hectic everyday life by focusing on your intentions. In this 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 your practice and over time it 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.

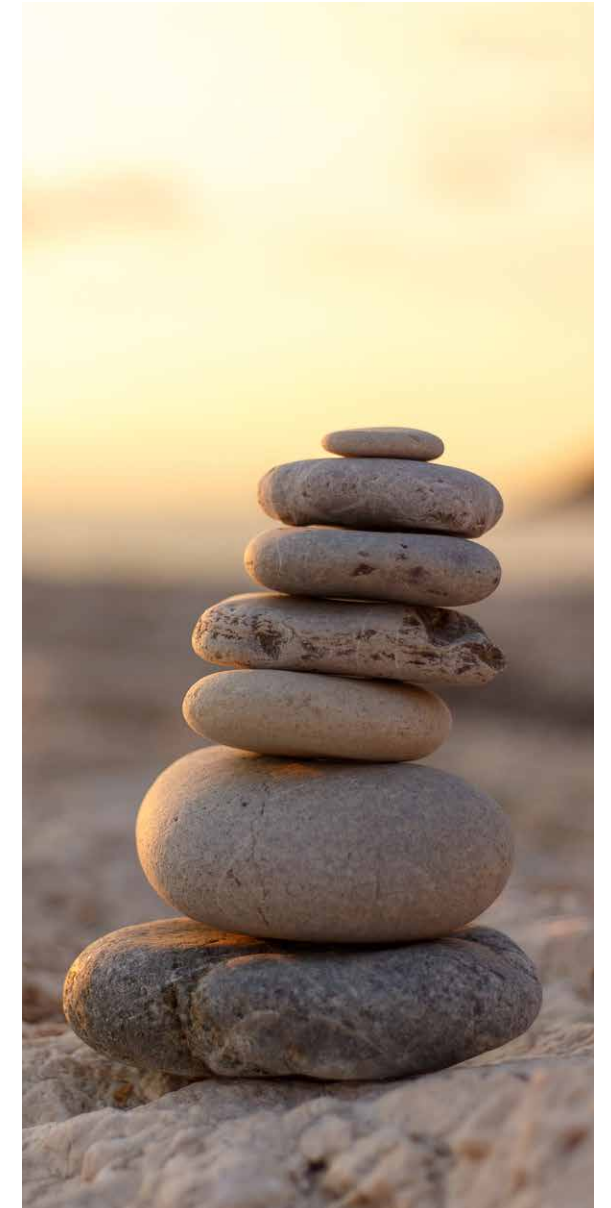
Motivations and goals, 12-week programme

Tailored accountability coaching to meet your needs. A target driven programme to support you to work through your challenges as well as keeping 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 wellbeing. Comparing human functioning to a sailboat and its journey. How to incorporate the metaphor by identifying the symptoms and consequences of conditional self-worth.

Learning how to be more compassionate and accepting of oneself, avoiding low self-esteem. Looking at the various forms of motivational approaches which can be applied to support self-improvement.





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Health Coach, 12-week Programme

A tailored package including fitness, a health plan, and tailored therapy/coaching to keep you on track dealing with some of the obstacles that could otherwise stall the programme.

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

Health Coach Add-on Session

One-off sessions to tweak areas that need work, tailored to your specific needs.

Wellness Retreats

Cocoon Mode de Vie Wellness Retreats are run through our Travel and Accommodation services. They are bespoke, ultimate wellness experiences to restore mind, body and soul.

All Cocoon Mode de Vie members enjoy VIP benefits with our luxury partners ensuring you receive priority booking to all specialist retreats.

COCOON WELLNESS SPECIALIST SERVICES



At Cocoon Mode de Vie we have created a virtual Wellness Clinic where experts in their fields 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 which also includes 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 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-19. From this we will build a personalised plan including a nutrition regimen and targeted treatments to help alleviate long Covid symptoms.

Menopause Therapy

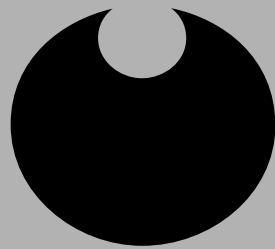
Experienced practitioners who can offer not only medical but natural therapies with a focus on peri-menopause and the menopause, advising on the importance lifestyle changes, diet and fitness.

Cognitive Behaviour Hypnotherapy

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

Natural Therapies

A Naturopathic health practitioner applies natural therapies ranging from fasting, nutrition, homoeopathic and herbal medicine, as well as the use of modern methods like Bio-Resonance, Ozone-Therapy and Colonic Hydrotherapy.



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