ŠODA

LIFESTYLE COACHING

For those who take responsibility for body and mind.

No temporary change.

A sustainable lifestyle does not come from one perfect routine, but from the choices you continue to make consistently.

Within ŠODA Lifestyle Coaching, we work on the structure behind those choices — aligned with your life, goals, and current situation.

Not to make you dependent on guidance, but to help you take more conscious responsibility for the way you live.

The foundation.

01 **THE MIND**

Self-awareness, mental calm, and direction.

02 **THE BODY**

Training, movement, sleep, and recovery.

03 **THE NUTRITION**

Conscious and nourishing eating, applied practically.

04 **ŠODA LIFESTYLE**

Structure and habits that strengthen your identity.

The process.

01 **SELECTION**

Coaching aligned with your situation, goals and commitment.

02 **INTAKE**

We map out habits, lifestyle and goals in detail.

03 **ANALYSIS & START PLAN**

We set priorities and build a tailored starting plan.

04 **COACHING**

Weekly coaching, check-ins, review and adjustment.

05 **EXECUTION**

You take action. We adjust course.

What is included.

- personal 1-on-1 coaching
- extensive intake and analysis
- personal start plan
- weekly check-in
- coaching conversations
- progress tracking and adjustments
- online client environment
- relevant resources and support

Minimum duration: 12 weeks.

The next step is yours.

Coaching is personal. The intake explores a mutual match in vision, commitment and growth.

More information:

brunosoda.nl/lifestylecoaching ↗

