

Hi everyone, my name is **Sarah**, and I am excited to join your team as the Te Tumu Waiora Health Coach for your practice. Days connected to practice: **Tuesdays, Thursdays & Fridays**

Qualified in Natural Medicine and adult education with experience in Health Coaching, I'm passionate about supporting people to enhance their health through evidence-based lifestyle and nutrition changes. I love creating a safe space for people to feel heard and supported, working with them toward their goals. Outside of work, I love getting outdoors and spending time in nature to recharge, playing the piano, listening to music and spending time with family and friends. A new arrival in Ōtautahi, I'm looking forward to exploring all the beautiful spots Canterbury has to offer!

You can book appointments with me on the days I am in clinic, just come and introduce enrolled individuals and/or families to me or book them in. They can also call early on the day and make an appointment the same day via our reception team. Health Coaches can help individuals and families gain knowledge, skills, tools, and confidence they need to take an active part in their health and help them reach their overall health goals.