

# REIGNITE YOUR SPARK



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## Reignite Your Spark: A 4-week programme for Mums

Reconnect • Redirect • Transform

Feeling overwhelmed, drained, or just not quite yourself?

This 4-week guided programme is designed exclusively for mums who are ready to reclaim their health, energy, and confidence — with expert support every step of the way.

### **Investment: £250**

With a £50 non-refundable deposit to be paid on booking and the remaining balance to be settled by Friday 27th February.

### **Programme Structure:**

#### **1 x 2 hour In-Person Workshop**

*Saturday 28th February | 10 - 12pm | The Barn Studio, nr. Hinton-in-the-Hedges*

Kick off your journey with an empowering, practical session designed to set the tone for the next four weeks and beyond.

We will begin with goal setting followed by 2 key topics led by Caz and Hayley with plenty of time for discussion and reflection (for topics see below).

*PLUS* we have an exciting bonus announcement for you!

You will receive a programme booklet with topic details and room for notes and reflections.

Refreshments will be provided.

#### **3 x 1 hour Online Workshops**

*Thursdays 5th, 12th, 19th March | 7:30 – 8:30pm*

Join from home for interactive sessions that fit into busy family life. Each session will cover 2 topic areas with discussion and Q&A time built in. These will be recorded and emailed to you.

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### WhatsApp Support Group

Get guidance, stay connected, and feel supported between sessions. This will be an open chat for the whole group to share ideas and support each other.

### Pre-Session Emails

You will receive a link to the online sessions and topic reminders in advance so you get the most out of every workshop.

### What We'll Explore Together

A holistic journey through:

- Women's health and long-term wellbeing
- Rediscovering purpose
- Redirection and transformation
- Building sustainable habits that truly work for mums

### Topics We'll Work Through

Caz and Hayley will guide you through these topics which are the key pillars to overall health and wellbeing. We take a holistic approach as one health concern is not exclusive to one topic area.

**Nutrition** - how this will support you with:

- *Poor energy, snacking, bloating, stomach pain, poor sleep, feeling unwell, weight gain and body changes.*

**Movement** - how and why this will support:

- *Bone health, weight management, injury prevention, pelvic floor issues and leaking*

**Sleep and Boundaries** - how to firm up boundaries to manage:

- *Irritability, stress, anxiety, catastrophising, brain fog and overwhelm.*

**Mindset and Motivation** - setting you up for beyond the programme:

- *Reflections, making new habits (and breaking old ones), overcoming barriers or feeling more focused.*

### Step into your transformation

Join us on this 4-week guided programme to reclaim your health, energy, and confidence.

Reserve your place today by contacting either Hayley or Caz!

Hayley: [hello@hayleytuckerhealth.co.uk](mailto:hello@hayleytuckerhealth.co.uk)

Caz: [caz@nutritionwithcaz.com](mailto:caz@nutritionwithcaz.com)

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### Meet your hosts



CAZ

I'm a **Registered Nutritional Therapy Practitioner** (MSc Personalised Nutrition, mBANT, regCNHC)

I specialise in fertility, pregnancy, postnatal, perimenopause and child nutrition.

With advanced clinical training, I combine evidence-based nutrition with a compassionate, personalised approach to support women achieve their health goals.

My scope of practice includes safely recommending supplements and functional tests.

#### ♥ My Approach

The postnatal and perimenopause period is a time of huge physical and emotional change, and the right nutrition can make a powerful difference.

Through Nutritional Therapy, I offer clear, practical guidance that supports energy, mood, hormone regulation, and confidence.

My aim is to cut through the confusion and help you feel supported, informed, and empowered for the long run.



HAYLEY

I'm a **Registered Health Coach** (BSc, dipCNM, UKIHCA-RHC)

I specialise in burnout prevention and perimenopause.

With a background in biomedical sciences, I combine coaching techniques to help women build new habits to improve their health and energy in a sustainable way.

My naturopathic approach considers all of you – physical, emotional and environmental factors - to help find the root cause of illness.

#### ♥ My Approach

I'm committed to helping women understand their health by cutting through the noise and making wellbeing feel simple, supportive, and actionable.

My role is to help you understand what your body and mind need, and equip you with information, education and practical tools to use everyday.

My goal is to empower you to be able to navigate life and its challenges.