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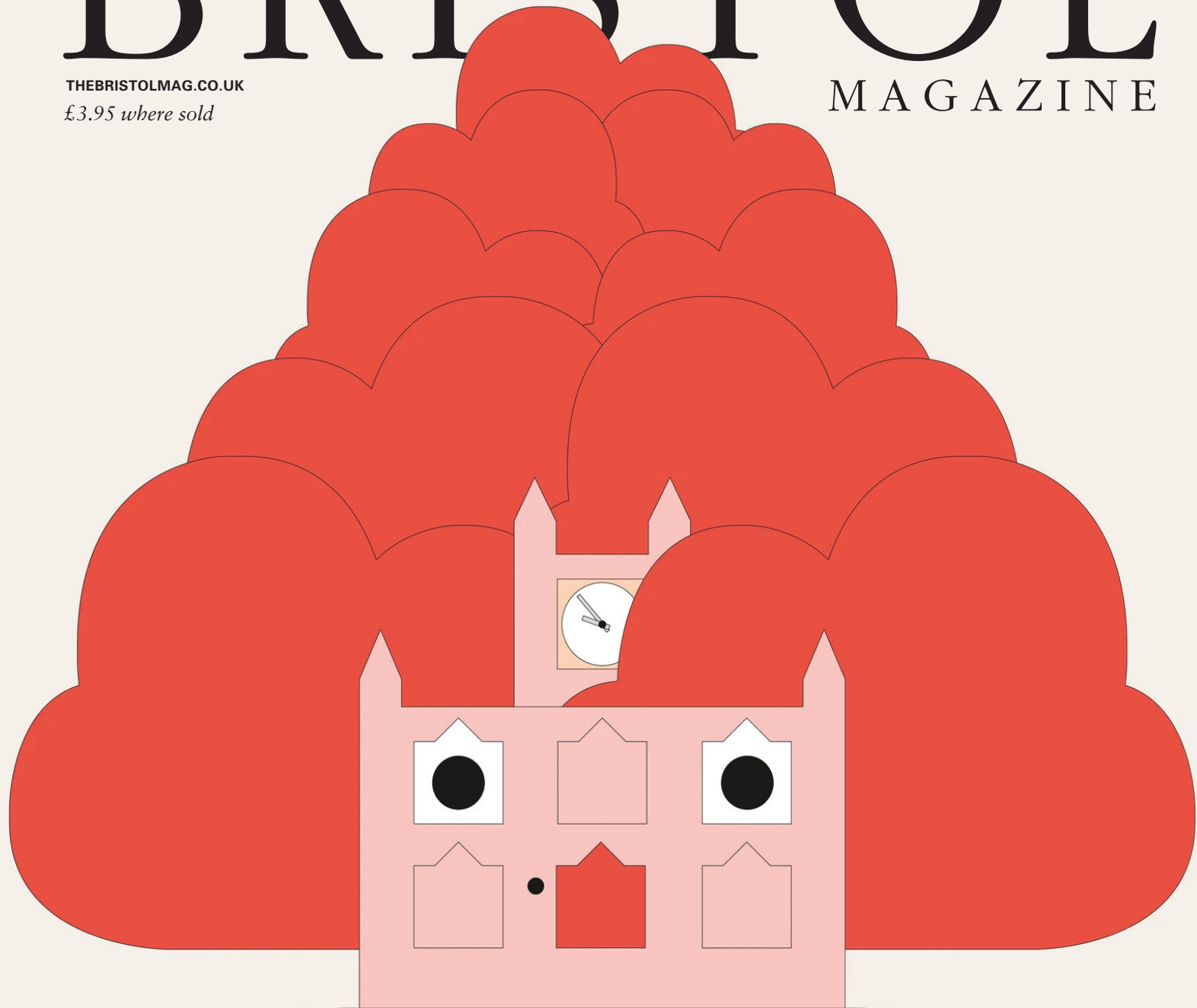
BRISTOL

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MAGAZINE



MEET THE BRISTOL FACES

60 YEARS OF INNOVATION

A look back at Arnolfini's six decades as a key cultural hub

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AND SO MUCH MORE IN THE CITY'S BIGGEST GUIDE TO LIVING IN BRISTOL



‘I’m now able to support and empower clients to make positive changes’

Izzy Walton, CNM Health Coach Graduate

CNM Health Coach

Most people already know the answers and what changes they need to make, but they don’t know how. As a Health Coach, I help facilitate change using all my coaching, nutrition and fitness knowledge.

I’ve always had a strong interest in natural health which evolved alongside my interest in yoga. Many years ago, I studied complementary therapies, reflexology, reiki and aromatherapy. These therapies brought me closer to my interest in nutritional therapy and where I am today.

I was already working in the wellness industry running corporate wellness events, yoga retreats and wholefood catering, so studying to become a Health Coach was another step towards practicing naturopathic wellness. I wanted to do a course that offered a holistic health offering, comprising of both of food, nutrition and mindful movement for both physical and mental health support.

For the first time, I feel like I’ve found where all my previous studies and qualifications have been leading me to. I always knew I wanted to help people achieve

optimum health, whether that be through their diet or through yoga practice. Now with all my competencies, I have the skills and knowledge to do this with health coaching.

The content on CNM’s Health Coach diploma was very in-depth and each module explored all parts of health coaching, including business, marketing and promotion modules; this is something that other courses didn’t seem to cover.

The course was immersive and I got to experience everything first-hand. When we explored a topic, such as fasting, cleansing or fitness routines, we completely embedded ourselves in that topic and we were encouraged to experience and practice it for ourselves. This learning experience was invaluable and helped cement the knowledge for me.

Since graduating, I’ve been working with clients remotely in my practice and I have a few collaborations lined up for the next few months. I’m also still teaching my regular yoga classes.

What I love most about practicing is being able to offer my clients’ space. Many people just don’t honour themselves the time to

really enquire into their own health and understand why they are manifesting their symptoms. As a Health Coach, I help facilitate change, and use all my coaching, nutrition and fitness knowledge to best support and empower them towards achieving their health goals.

CNM’s Health Coach diploma is a unique course which has naturopathic principles at its heart, something most health coaching courses don’t offer.

Become a Health Coach – enrolling now!

Turn your passion into a career. CNM Health Coaches are trained in nutrition and health, fitness and exercise, how the body works, coaching, marketing and business promotion.

Visit cnmcourses.com

or call **01342 777 747** to find out more

CNM has an exceptional 22-year track record training successful natural health practitioners online and in class.

Over 80% of graduates are practising.

To book, call 01342 777 747