



LAURA HAMPSON

TRAINING | COACHING | MEDIATION

Your Personalised One-Year Wellness Journey

Transform your health, mind & body with expert guidance.

- Certified Life & Wellness Coach (ICF Accredited)
- Certified Nutrition & Fitness Consultant
- Mental Health & Resilience Specialist
- Over 10 years experience in lifestyle coaching



What's Included?



Tailored Diet Plan

Customised meal plans to fit your lifestyle and goals.



Personalised Exercise Program

Workouts suited to your fitness level.



Monthly One-on-One Coaching

Lifestyle and wellness coaching with Laura Hampson.



Meditation & Sleep Support

Guided recordings for relaxation and better sleep.



Progress Tracking

Monthly reports to monitor improvements.



Journaling & Reflection

Structured prompts to track your journey.



Why Choose This Program?

At Hampson Coaching Ltd, we believe true wellness goes beyond just diet and exercise, it's about building lifelong habits that support a balanced and fulfilling life. Led by Laura Hampson, an experienced Life & Wellness Coach, this one-year personalised wellness program is designed to help you gain energy, improve mental resilience, and create lasting change.

- ✓ Book a Free Consultation
- ✓ Free Branded Merchandise
- ✓ Receive Your Personalised Plan
- ✓ Competitive Rates

Contact Us



07977107919

