

Synergi-126722-25Feb09

Speaker key

ER Erak
CH Christine

ER Good evening, Christine.

CH Hello Erak.

ER Thanks for taking the time out tonight to join me on this call; good to hear from you. Christine, I just thought what we'd do tonight for the benefit of any listeners would just maybe talk a little bit about your background, just so people get an idea of where you are coming from, basically, so maybe you want to just share a bit of that with us.

CH Well, my background, I'm an Australian and travelled the world quite extensively; have always had a bit of weight problem, pretty well all my life. When I was wee, wee child I didn't but apart from then I always have. I'm now nearing 60; I'm almost 60, and my occupation, I work as a gardener at present which is a complete change for me. I used to always do office work but I thought, no, we'll have a change at this late stage of life which has worked out well. I thought, here I am coming up for 60 and I'm almost 17 stone, 11lb off 17 stone, and decided that I'm going to have to do something.

ER Could I ask what had you tried before you started on the Coach Me Slim and Trim programme?

CH I think I've got every diet that's ever been written in our library upstairs. But apart from trying to do things on my own I was in Weight Watchers three times. I was asked to actually leave once.

ER Three times you in there?

CH Yes, three times. I failed every time. I could get to probably half a stone and that was over probably about six to ten weeks I'd get that half stone off, and it just wasn't working for me. I don't know whether it was my mindset. It just wasn't working for me whatever the problem was. I've been to Slimming World. Again, I got to about half stone, maybe 9lbs, and then just slid backwards, and that was over a six-month period. I'd lose a pound, go back a pound. Then I tried hypnotherapy which I thought was really going to be an easy fix, to be honest, but again, I don't know whether my subconscious wasn't cooperating but it just didn't work. I've been to a counsellor, went back all through my childhood with her trying to find out where the problem was. One of my biggest problems was with butter, and I was given a magic word to say to help me get through things but it didn't help me where my weight or the butter was concerned. That Atkins Diet, that was a bit more of a success but it was something that my family wasn't very happy about me being on. In the Weight Watchers the really downside one night, leaving me feeling really bad about myself, was being told that I was the piggy in the corner for the week and had to sit in the corner for the entire evening

with this like Duncce's cap on because I was the pig for the week. The psychological effect of that wasn't very good. I kept going and I actually ended up in that corner a number of times after that, but I felt so downtrodden, to be honest, after that that I gave up for a long, long time.

ER It sounds, and I've worked with a number of clients, but certainly your history of trying to lose weight is, I would say, a very, very comprehensive one. I dare say you could probably write your own diet programme, and some pretty horrendous experiences in there as well.

CH Yes, some weren't very pleasant at all, I've got to give you that.

ER You and I have been working together and you've been working on the Coach Me Slim and Trim programme now for six weeks, we've gone through six weeks.

CH We've had six lessons with you but we've actually been on the diet for five weeks.

ER You say diet, more the coaching as opposed to... [overtalking]

CH Yes.

ER I'd just like to know what sort of weight you have lost. First of all, tell me what the goal was to begin with for six weeks and then what you've actually achieved in the six weeks?

CH The goal initially, the first week that we were with you, I wanted to lose 1 stone and 2lbs, and at the end of five weeks I've lost 1 stone and 1lb, and I'm sure by the end of this week that that other pound will be gone. I can feel it melting away as we speak.

ER Fantastic. And could I ask, Christine, what was it that actually made you start off on the Coach Me Slim and Trim programme? What brought you to this point in your life where you wanted to make a start?

CH It was my 19-year-old daughter who's facing going off to university next September, this coming September, and unfortunately I've passed all my bad habits onto her and my love of food and of cooking. She's got the kit and caboodle. She was desperate to do something. An 18-year-old doesn't want to be wearing a size 16 or maybe even an 18 outfit, and she wanted to do something and my niece had had success with a personal trainer up in London and I wasn't sure about it and I thought, we'll try it and see how we get on if there was anybody local, and your name sprang out. Actually, I've got to say one of the reasons we chose you was that you looked quite stern and we thought, oh goody, he'll be really strict with us, so I thought, ah, that'll be really fantastic. So, yeah, and then when we had the initial meeting with you, as a family, to see whether Clare [?] was up for it or not, I was just really impressed with the way you approached it. It was a very brief outline but nonetheless it just sounded like something that suited me completely and that even though I've been through the mill with all the other diets, I thought, I've still got something to learn here, and it just appealed to me completely.

ER So would you say you were doing it in a, maybe, a supportive role for your daughter as well as for yourself then?

CH Yes. Certainly I want to lose the weight but I also wanted to be able to be there for her and to keep her on the straight and narrow. She's fairly strong-minded and she's very determined about losing this weight, but I also wanted to be there if there were any hiccups and know where she was coming from. So, going along with her, yes, I'm relearning things I must have been told, but I'm relearning so much more and I'm taking onboard. It's actually sinking through. Yes, and I'm there in a supportive role for Clare as well, and she is for me.

ER Which is great.

CH Yes, it is. It's fantastic.

ER And just reminding the listeners or let them know how much weight has Clare lost in the five weeks?

CH Clare's lost 11lbs and she had a trip to Italy in amongst all that, and she couldn't pass up on the pizzas even then, but even so, with the mindset that you've given her she was able to control a lot of that, and she was very mindful of how much exercise she was doing to how she should or shouldn't be eating. So, even with that trip away she was able to lose the 11lbs.

ER I know she's doing fantastically well, as you both are. What would you say you've learnt most over the last six weeks? What's stood out for you out of the six sessions that we've done to date, would you say?

CH I've got to say that the most important thing for me was the self-talk. It sounds so simple when I say it like that but what you laid out for us saying that, you're going for a walk, okay, you can do this and it is good for you, and just being so positive about things, taking some negatives and turning them into positives and being able to get on, yes, you can have that chocolate bar if you want but do you really want it? Oh, no I don't, surprise! So, the self-talking, for me, yes, that was really motivational, and still is. I'm finding this whole course so good and so easy having the right mindset, which I don't think I really did when I started but after the first week with you, and then the second week, and that, yeah, that really was the turning point for me.

ER Fantastic, and obviously we're going to keep this good work up. You mentioned about the butter and you tried a number of things including hypnosis, how have you gone, because I think everybody is maybe listening to this conversation we're having has probably got their go-to food that they will either go to when they're feeling angry, lonely, tired, bored, excited, there's something that most of us, if we're honest, will go to something and yours was butter. How has that been because I know that was quite a strong thing for you to go towards?

CH Yes it was. As I've said, I've had the counselling and the hypnotherapy for the butter. No, I've got to say it's not been in any way a chore or a hardship to not have butter, and I'm just not having it. I am mindful that I have some oils in my diet but the butter, it's still there. My husband still eats it. We have relatives come to stay regularly and they like their butter. I can make their toast, put the butter on for them. It doesn't mean anything to me. I can't understand why I ever had the problem now which is just crazy, I know, but yeah, I just can't understand it.

ER And just to satisfy any of the listeners, just to say, I didn't actually hypnotise you at all, did I?

CH No.

ER At no point did I try and hypnotise you.

CH No, no, that certainly didn't happen, no. It was just, yeah, common sense in part as well.

ER I'm just looking down at some of the results you've had because obviously I've kept results as we've gone through the whole programme, looking at the way forward for you over the next six weeks because we've done the initial six-week programme. Might I ask, before I go on to the exercise side of things, did it surprise you that we didn't go straight into food straightaway and that didn't really come up, although we touched on food in the first week and I gave you some guidelines and things to look at to get you started, did it surprise you at all that I wasn't really focusing on food or exercise straightaway?

CH It did. Actually that was a big surprise for us because we both came away thinking, well, we haven't been told we can't eat this or that or anything else, but we were still feeling so positive about it all, and it did surprise me in particular, and also Clare. Yes, because that's normally the first thing; you're given a diet and this is the diet you're to conform to, and there wasn't that. It was getting that mind in the right place and it just makes so much sense now. You can't tackle anything if your mindset isn't right. It doesn't matter whether it's going on a diet or going on a journey, or anything, so this has just been wonderful that we were put into that place and then the introduction to the food and how to deal with different foods. And, again, the surprises that were in that were something else, but definitely in the first couple of weeks there was nothing about it.

ER So, we're not at this six-week point, so in terms of continuing success how confident are you now to move forward onto the next phase of the programme?

CH I'm so looking forward to it. I still feel so good and I can't see how that's going to change. We've had ups and down in the last six weeks with one thing and another, but our mindsets are still so good and having that reinforced by your over the six-week period has, I'm sure, just strengthened us so much mentally to deal with any situation. As you say, a bad plan is better than no plan, and we do, we have plans for all sorts of contingencies. So, going forward now is exciting and I'm really forward to it. I sound like an American... [overtalking], but I really do feel like that. This is the first time in my life that I'm going to achieve this weight loss and be able to buy dresses and look nice, and I just know that I'm going to achieve that.

ER I'm just pleased to be part of it, I really am. The final thing that I would like to ask you then is obviously everybody's going to come from a different place with weight loss, everyone has a different experience, people have tried different things be it a slimming club or a gym or whatever, what would you say to somebody now, who's listening to this conversation and thinking about picking up that phone and saying, I'm interested in the Coach Me Slim and Trim programme, what would be your advice to them?

CH I'd say definitely pick up that phone. It's a whole new approach that's just so positive without being dictatorial. It's something that you've got to experience because if you want to lose weight it's definitely the way to go. Having your mindset in that place where you are going to achieve is just the most wonderful thing to achieving in the first two weeks, and definitely to pick that phone up. As I've said, I've tried so many things and failed at so many things over my life. Now, here I am, 60 years of age, and the penny's finally dropped. I would recommend it to anybody that would like to know anything more about it. And certainly for my daughter this is such an advantage for her at 19 years of age to be learning this now. It'll see her right through. Yes.

ER That's fantastic, Christine. You and I are going to continue to work and Clare, and I know you've got your goal set which hopefully I'm going to be part of helping you to achieve that. Thank you for taking the time out this evening to join me on the call.

CH Not a problem at all.

ER You and I will catch up soon.

CH Lovely.

ER Thanks for your time.

CH Thank you, Erak.

ER Okay.

CH Good night.

ER Okay, good night.