

MEG SYLVESTER-CIELEN

COACHING
INFORMATION
PACK

HEAD COACH - MEG

Thank you for your enquiry to join MK coaching with head coach **IFBB PRO Meg Sylvester-Cielen**.

At MK we have different levels of coaching to suit your own individual wants/needs, so that we can match you with the best coach for you.

The service that I offer is aimed towards individuals that are looking to compete and non-competitors who are serious about their bodybuilding goals. Your ethos must match up with that of our team – honesty and commitment to give your all.

I will break everything down below for you with what I offer, should you need to know anything else we can have a phone consultation or you can email me on meg@teammkcoaching.com.



EXCLUSIVE MEG COACHING INCLUDES:

- Support via WhatsApp
- Comprehensive check in process via google sheets
- A full training & nutrition program – personalised to your individual needs
- Programme changes when needed
- Full support throughout your journey
- Support with problem solving from a life/work/bodybuilding aspect (how to help plan your day or any further support you need away from the gym/bodybuilding)
- Analysing of your training videos
- Communication is key for me and I pride myself on giving my all to my clients, as I do with everything I set my mind to. I will ALWAYS answer your message on the day.
- Access to my exclusive Team Meg website content
- Weekly lectures with Q+A (all uploaded to playback also)
- Access to the workout library (demonstrations and descriptions on how exercises should be performed – 90+ videos within this)
- Access to exclusive team support and the client network
- In person check ins when needed

