



FREQUENTLY ASKED QUESTIONS

Who is Joanne Pagett Coaching for?

Joanne Pagett works primarily with businesswomen and professional women over 40 who want to improve their health, energy, confidence, and life balance. Her coaching is ideal for women who feel busy, overwhelmed, or ready for a positive change.

What is the FAB Framework?

The FAB Framework is Joanne's personalised coaching method based on three key areas:

- **Fuel** – supporting energy and nutrition without restrictive dieting
- **Activity** – building strength and movement that suits changing bodies
- **Beliefs** – improving mindset, habits, and nervous system balance

This approach works with the female body, especially after 40, rather than against it.

Is Joanne Pagett Coaching based in Market Harborough?

Yes. Joanne works with clients in and around Market Harborough and also supports women online. This makes her coaching accessible for both local clients and those further afield who prefer flexible sessions.

Do I need to be fit before starting coaching?

No. Joanne's coaching is designed for real women at all stages of their health journey. Whether you are just starting out or returning after a break, your programme is tailored to your current lifestyle, fitness level, and goals.

What results can I expect from the coaching?

While everyone's journey is different, many clients experience:

- Increased energy and motivation
- Improved strength and mobility
- Better stress management
- Greater self-confidence
- More consistent healthy habits

The focus is on long-term wellbeing, not quick fixes.

How is Joanne's coaching different from standard fitness or diet programmes?

Joanne's approach is holistic and personalised. It combines physical wellbeing, mindset coaching, lifestyle support, and accountability. There are no extreme plans or rigid rules, just sustainable changes that fit around work, family, and everyday life.

How do I get started with Joanne Pagett Coaching?

Women interested in working with Joanne can get in touch through her website or local listing to arrange an initial conversation. This helps ensure the coaching is the right fit before beginning the programme.

Get to know Joanne and of her background, personal qualifications and awards by visiting her website here: <https://joanepagett.co.uk>

or Contact: Joanne Pagett - Life & Wellness Coach., Market Harborough

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