

Eating Disorder Recovery

Author



Peer Mentor

Nourishing Routes

Love Food,

Adore Your Body,

Become Your Authentic Self



SWITCH ON TO
BUSINESS
AWARDS

WINNER



“Nourishing Routes Peer Mentoring and Coaching is a Compassion-centred intervention to aid recovery from eating disorders, poor body image and low self-esteem



Marissa Pendlebury (MSc; BSc; MBPsS; PGdip), founder of Nourishing Routes Peer Mentoring and coaching, is a successful author, public speaker and expert in the field of eating disorders, body image, psychology and nutrition.

Following her own recovery from anorexia nervosa, body dysmorphia and depression, Marissa developed the Nourishing Routes philosophy to enable individuals to find their own unique routes to happiness and health - away from faddy diets, rigid fitness regimes, striving for perfection and

Services

- ✦ Peer support / Coaching for eating disorder recovery
- ✦ Help with meal planning and preparation
- ✦ Supported snack and/or meal times
- ✦ Advice on financial support for eating disorders
- ✦ Working alongside medical services for eating disorders
- ✦ Inspiring talks
- ✦ Workshops and training on eating disorders / mental health
- ✦ Support for Carers

Eating disorders, affect > 1.6 million people in the UK

Contact

Email:

nourishingroutes@gmail.com

Website:

www.nourishingroutes.com

Number:

or 07412676888

✦ Marissa

Academically qualified in psychology, public health, nutrition, counselling and higher education teaching, Marissa offers peer mentoring, counselling and inspiring talks to individuals, schools and workplaces. She additionally raises awareness of eating disorders through offering prevention workshops and Nourishing Routes ambassador trainings.



“Marissa speaks with great wisdom, passion and clarity around this message - a message that is completely her own and can help so many children, teenagers, young adults and older people alike”



Nourishing Routes is especially helpful for individuals who have ever experienced an eating disorder or a less than loving relationship with food and body.

“Marissa is an amazing peer mentor with an innate ability to inspire and empower individuals to overcome poor relationships with food and body. She doesn’t treat you like a number, but as a lovable human being with so much potential. Marissa has enabled me to overcome fears around food, and I would definitely recommend her to anyone looking to find a more holistic route to recovery with the support of someone who truly understands you.



How Can Nourishing Routes Help You?



Through the Nourishing Routes Peer Support / Coaching, I work with individuals of all ages and cultures, to compassionately guide them through an empowering and holistic routes to recovery

Peer Mentoring involves meeting weekly / multiple intervals, where I provide a compassionate, safe and open space to work together on several the following:

- ✦ Goals for eating disorder recovery
- ✦ Barriers to eating disorder recovery
- ✦ Goal and challenge setting
- ✦ Practical support for recovery
- ✦ Getting involved in activities that you love
- ✦ Finding additional ways and holistic activities that will enable you to reach your full potential

Practical support can include support at meal/snack times, help with meal planning, meal preparation and taking action on personal goals. It can also include travelling to appointments or social activities with you to aid confidence and independent living skills.



How do I sign up for a 1 to 1 Coaching Session and What is Involved?



Signing up for Coaching can be easily set up by purchasing as many sessions (1 hour each, costing £60) as you need via my website, email or personal phone number (details below). I will then be able to contact you personally to arrange a suitable time, date and location for coaching to take place.

“ If it is your first coaching session, you will be offered a FREE 30 minute consultation call to see if this coaching support is right for you and how we can tailor it in the very best way possible to your personal needs”



During your consultation session, together we will ensure that each coaching session is uniquely tailored to your personal circumstances and the issues you would like to tackle/resolve.

The approach used throughout the coaching process is based on the Nourishing Routes philosophy, self-compassion therapy, Cognitive Behavioural Therapy, positive psychology my personal experiences of overcoming anorexia nervosa, depression orthorexia and body dysmorphia, in addition to over 3 years of supporting individuals with eating disorders (anorexia nervosa, orthorexia, bulimia and binge eating disorder) and depression.

Sessions can take place over the phone, via Skype or in-person*

* In-person visits require an additional fee of £15 if in the local area of Merseyside or Cheshire, which can be paid on meeting up (e.g. in a local cafe or space that feels comfortable for you).

Sessions can be arranged as a one-off session, or booked multiple times for a more powerful impact in your recovery journey. Lessons booked in bulk result in long-term cost savings to make your recovery journey more affordable.

You will additionally be provided with a FREE Recovery Journal AND my best selling book Nourishing Routes in either hard copy or downloadable format (Combined worth of £30)

If you are able to book 10 sessions at once, you will make a huge saving of £100 !!! :)

Contact Details and Links

Website: www.nourishingroutes.com

You can then visit my coaching page or the shop page to find out more and/or to make a payment

Phone: 07412676888

Email: nourishingroutes@gmail.com



Testimonials

“The Nourishing Routes experience has hugely enabled me to finally recover from my eating disorder and love my whole body. For the first time in years I feel complete freedom around food and can take part in activities I never thought possible !”

(27 yr old Anorexia and Orthorexia Survivor)



“Marissa is by far one of the most inspiring and compassionate young ladies I have ever met. Her passion shines through so brightly, and I can't thank her enough for how much she has helped me to address and overcome my own negative relationship with food and body”

(23 yr old Bulimia and Binge Eating Survivor)

“I Would definitely recommend Marissa and Nourishing Routes Coaching to anyone looking to become inspired, grow positive self-esteem, develop a healthy relationship with food and follow their dreams.”

(21 yr old chronic dieter and body dysmorphia Survivor)

