

A photograph of two women in a bright, modern office environment. The woman on the left has long blonde hair and is smiling broadly, looking towards the right. The woman on the right has dark curly hair and is also smiling, looking towards the left. They appear to be in a positive conversation. The background is softly blurred, showing office windows and interior lighting.

**Welcome to the first
step towards a healthier
and happier you.**

TH COACHING

HEALTH & MINDSET COACHING

WWW.TH.IE



Tired of feeling stuck?

People come to TH Coaching for a variety of reasons and it's usually because they are unhappy in some way. It may be that they want to lose weight, feel better, get stronger or have greater mobility. Or maybe they just want to do everything they feel they should be capable of, whether that's go for a run, pick up their child, or just have the motivation to get off the sofa each day.

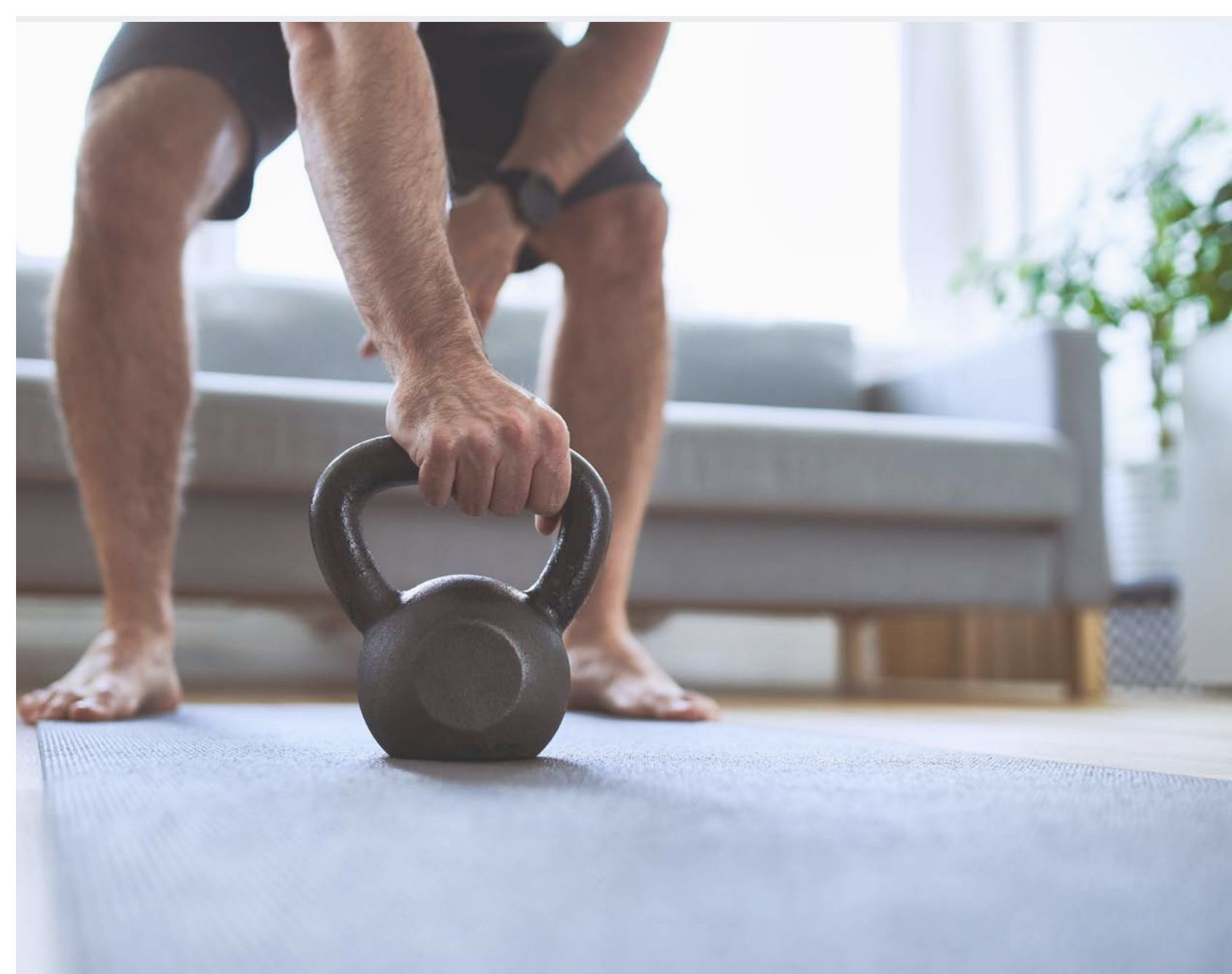
What we hear time and again is they have tried lots of stuff, nothing has stuck and they haven't seen the results they were hoping for. This often happens when focusing on one specific area such as following fad diets, listening to poor advice or being inconsistent with training.

Do you know what needs to change?

Here at TH Coaching we provide **personal training, nutrition and mindset coaching** to a limited number of clients who are looking to make long-lasting changes to their lives. Through programmes tailored to each client we can help you look and feel better, achieve better balance in your life, and lead you towards an empowered, self-directed mindset.

Part of working with TH Coaching is to shine a light on your blocks and help you understand how they might be holding you back from living the life you deserve.





We'll give you the tools & awareness

Our goal is to give you the energy, confidence and capacity to do everything you want - mentally and physically. This could be feeling able to get up on a stage in front of a room full of people, ask for the kind of relationship you want; lift weights, or just exercise around a medical condition. We can guide you towards a place of giving as much as you want, to yourself and others, enabling you to lead a more fulfilling, empowered and self-directed life - at home, in your career, and in your relationships.

Guiding a path to a healthier and happier you

In working across these the three areas of **Body, Balance and Belief**, we can positively improve the way you look, feel and view yourself. We'll get you thinking differently - not only about the life you have but the kind of future you want to create for yourself.

Often what stands in the way of going after what you want is assuming a greater level of investment is needed than the reality. In working with TH Coaching, you will not only realise what your goals are but also think differently about how to achieve them. Whatever has brought you to TH Coaching, we'll meet you where you're at and guide you on a path towards a healthier, happier and more fulfilled you.





From our clients

“My overall foundations are more solid than before and I feel in a much better place mentally, not to mention physically stronger and more mobile. The technical training expertise, expert nutritional advice, and deep mindset coaching help me work through barriers and find solutions, enabling me to be more resilient and in control. For me, what separates Tristan’s philosophy from everything else out there is it is rooted in science, tools and data - there is no nonsense or fads, it really works”



NICK
TECH EXECUTIVE

“I started working with Tristan for help with a shoulder injury. When we started to get deeper than just working on the physical side, I understood the truth of where I was at - emotionally and mentally. After around 6-9 months I started to see a real shift in myself and felt as though I was made of different material. Once I gave myself permission to invest in myself, I became happier, more secure and confident. The programme affected me so much more deeply than I ever thought possible and remains a load-bearing pillar of my life - a non-negotiable”



EILEEN DUNNE
FOUNDER, CARBON COACHING

What will your life look like if you don't do this?

Book a call today

TH COACHING

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[BOOK A FREE CALL](#)





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