

LighterLife offers people the chance to become their own boss



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Industry: [Healthcare](#)

Press Release Summary: LighterLife is offering people the opportunity to become their own boss by training to become a LighterLife Weight Management Counsellor

*"It's not complicated
-it gives you a break from food"*



Press Release Body: **LighterLife**, the weight management and weight loss programme, is expanding its network of weight management counsellors and, as a result, the company is offering people the chance to train as a weight management counsellor.

Throughout the UK, **LighterLife** is looking to recruit motivated, self starters to run their own business. Trainee [Weight Loss Counsellors](#) will receive the support of **LighterLife**'s nationally recognised brand to help show some of the estimated 14 million obese people in the UK how to [lose weight](#) and live more active lives.

Zoe Taylor, Franchise Development Manager at LighterLife, commented: *"Starting your own business is a great way of reorganising your life and embarking on a career in an area that you are passionate about. Becoming a LighterLife Counsellor could be a great way someone to start*

their own business and the support of LighterLife's nationally recognised brand can make those first steps that much easier. LighterLife offers a fast track business launch along with extensive central office and field based business support to help grow the business.

"LighterLife Counsellors have the potential for high earnings and, as they operate as self employed businesses, can take advantage of flexible working hours and the opportunity to decide the working hours that fit their lives."

Debbie Blackburn recently qualified as a **LighterLife Counsellor** after being made redundant from her job as an Account Manager. Debbie comments: *"When I was told I was being made redundant I was very upset. After seeking legal advice I demanded a fair redundancy package and decided to go self-employed. Having successfully lost four stone on the LighterLife Programme I decided to use my experience of the programme to retrain and become a Counsellor. It just goes to show that redundancy is not the end and can sometimes be the beginning."*

About

LighterLife:

LighterLife is a [weight-loss](#) and weight-management programme for people who are one stone or more overweight and with a BMI (body mass index) of 25 or above. LighterLife has helped over 100,000 people [lose weight fast](#) since 1996.

The unique LighterLife approach offers programmes specific to the obese and the overweight in the form of nutritionally complete soups, shakes and bars combined with specialised counselling using cognitive behavioural therapy (CBT) and transactional analysis (TA) techniques. Clients benefit not only from safe, fast weight loss but they also learn the behavioural changes needed to sustain it.

Founded in 1996, the LighterLife Programme was developed by three of its directors - Jackie Cox, Bar Hewlett and Rebecca Hunter.

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