



Emily Troschianko

Hunger Artist recovery coaching

Intelligent, intensive, ultra-personalized coaching for recovery from eating disorders and disordered eating, geared towards full recovery (on your terms) not just “harm reduction”.

Specializing in restrictive eating, exercise addiction, and low-level chronic remnants of acute disorders that were never fully healed.

Centred on co-creating practical solutions to existential problems.

Core features include:

1. A free 30-minute **discovery call followed by a detailed coaching proposal** outlining the work I think we could usefully do together (if I’m confident I can help)
2. An in-depth **pre-coaching reflective process** including goal-setting at the timescales of 1 week, 1 month, and end of recovery, to guide our initial and ongoing work and provide clear progress markers
3. Individually tailored **coaching programs**, from 4 weeks to 6+ months, incorporating structured breaks where appropriate to test the sustainability of new habits and learning
4. A **behavioural focus** on making and maintaining practical changes as the key to unlocking varied physical and psychological improvements
5. Highly structured **day-to-day support** for change, including regular 75-minute Zoom sessions; between-session contact via email, phone, a habit-change app, and/or shared documents; plus regular planning and review—all at variable frequencies depending on needs and aims
6. Detailed **summary emails** after every session outlining the insights reached and the practical agreements made
7. A structured **wrap-up process** generating principles and tools to ensure that progress is maintained and built on after coaching ends
8. Complimentary **check-ins at 1, 3, and 6 months** after our work ends, plus optional **follow-up surveys up to 5 years**, to generate outcomes data, support my learning, and offer reflection opportunities for former clients
9. Combinations of recovery coaching elements with **career/writing/life coaching** support, for individuals working in academia or other high-pressure environments as well as those facing decisions about next career steps (I also offer this type of coaching without a recovery element; see [here](#))
10. Regular **coaching supervision** to sustain my own professional development and ethical and effective practice as a coach

For more, mail emily@hungerartist.org or visit

<https://hunger-artist.org/recovery-coaching/>



*“It is the most empowering form of recovery, actually enjoyable,
having a light in your mind finally turned on”*