



Emily Troschianko

Hunger Artist recovery coaching

Intelligent, intensive, ultra-personalized recovery coaching for eating disorders and disordered eating, geared towards full recovery (as you define it) not just “harm reduction”.

Specializing in restrictive eating and compulsive exercise.

Centred on co-creating practical solutions to existential problems.

Here's what you can expect:

1. A free 30-minute **discovery call followed by a detailed coaching proposal** outlining the kind of work I think we could usefully do together (if I'm confident I can help)
2. An in-depth **pre-coaching reflective process** prompting you to formulate your aspirations for 1 week, 1 month, and the end of your recovery, to guide our initial and ongoing work and make sure we're on track (though as your life and mind change you may well find your ultimate aims do too!)
3. Individually designed **coaching programs**, from 4 weeks to 4+ months, with structured breaks to test out what's already self-sustaining and what needs more work
4. A **focus on habit change**: identifying, making, and maintaining the practical changes that will unlock the transformations you want in your body and mind
5. Highly structured **day-to-day support** for change, including regular Zoom sessions and between-session contact via email, phone, a habit-change app, and/or shared docs
6. Collaborative **session summaries** outlining the insights we reached and the practical plans we made (you take the lead, I add extras from my notes)
7. Optional extras like food photo sharing, shopping/cooking calls, and shared meals
8. Tailored weekly reviews, reflective tasks, and behavioural experiments to build clarity, dissolve obstacles, and accelerate progress
9. A structured **wrap-up process** generating principles and tools to ensure you keep things good—and keep getting things even better—after our work together ends
10. Complimentary **post-coaching check-ins at 1 and 3 months** to fine-tune things for you and help me learn from what happens next
11. Combinations of recovery coaching elements with **career/writing/life coaching** support, if you want to redesign your working habits and/or make decisions about career next steps (I also offer this type of coaching without a recovery element; see [here](#))
12. EMCC Senior Practitioner accreditation and regular **coaching supervision** to sustain my professional development and ethical and effective practice as a coach

Fear and discomfort make it easy to act against our best intentions in those difficult moments that make all the difference. So what I offer is the opposite of “let's have a chat once a week and you're on your own for the follow-through” or “just eat more and deal with it”. If you're sick of how much the food/body/exercise thoughts are stealing from you, and you want to be fully *present* in your life again, I'd love to help.

For more, email emily@hungerartist.org or visit

<https://hungerartist.org/recovery-coaching/>



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