

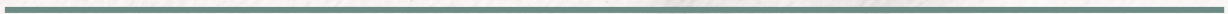
WORKBOOK

**CLUELESS  
TO CONFIDENT  
CELIAC COURSE**

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**BONNIE VAN ESCH**

# Module 1: Welcome



# *Hello,* WELCOME TO THE COURSE!



I warmly welcome you to the Clueless to Confident Celiac course! I hope that by the end of this course you will be more sure of yourself, your new condition and lifestyle.

Remember that changes take time. Be kind to yourself emotionally and mentally as you adjust .

Please accept the private facebook group invite as that is where you will find a community of fellow Celiac's and ask questions and continue to gain support.

If at any stage during the course you feel like you need a session or two of coaching with me, please email me. I am here for you.

Enjoy the course and I will see you during the live coaching calls!

*Bonnie*