



**Jade Osborne** BCom(Hons), BA  
*Lifestyle Coach*  
Auckland, New Zealand



### Overview:

Jade is a qualified lifestyle/nutrition coach and personal trainer with extensive career experience in human resources and learning and development in large global corporations (including Fisher & Paykel Appliances, Macquarie Group, and Fonterra).

Jade works with clients to help them establish the knowledge, mindset, and belief needed to live the life they want. Having made significant changes to her own lifestyle and maintaining a 40kg weight loss, Jade has a deep empathy for her clients and is focused on understanding their unique journey.

Jade uses her skills and experience to help clients make 'slow' habit-based changes that support sustainable weight loss and wellbeing.

### Coaching focus areas include:

- Sustainable lifestyle change
- Changing and creating habits
- Nutrition coaching
- Long term weight loss and weight maintenance
- Work-life balance and prioritisation
- Holistic wellbeing, health, and fitness
- Personal performance and goal-setting
- Personal and career development
- Productivity and time management

### Services:

- 1:1 Coaching (online or face-to-face in Auckland), supported by ProCoach platform
- Weight loss and weight maintenance programmes and workshops
- In-home personal training and lifestyle support (Auckland)

### Education & Qualifications:

- Precision Nutrition [Certified Coach](#) Level 1 (Pn1)
- European Institute of Fitness "Master Trainer", encompassing:
  - Active IQ's Advanced Diploma in Personal Training
  - ACSM Fitness & Nutrition Coach
  - Nutrition Coach
  - Exercise Specialist
  - Fitness Entrepreneur
- University of Auckland:
  - Bachelor of Commerce (Honours) specialising in Management with First Class Honours
  - Bachelor of Commerce (conjoint) majoring in International Business.
  - Bachelor of Arts (conjoint) majoring in Employment Relations and Organisational Studies

### Professional Memberships:

- REPS – NZ Registered Exercise Professionals ([NZ Registered Personal Trainer](#))
- NZATD – NZ Association for Training and Development

### Contact:

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