



Join our lifestyle programme and  
change your and others lives.

Sign up today to become a  
Consultant !

# Introduction

We expect a lot from our consultants. Confidence, control, poise, intelligence, and compassion. The reason we are so demanding is that essentially, the consultants are Welshslim and having the best Consultants means we run the best clubs.

That's not to say you have to be superhuman to become a Welshslim consultant. Indeed, what makes them so successful is the fact that each and every one of our consultants has had to overcome their own weight problem, whether a few pounds or several stone. It can be difficult to realise that the slim, well turned out, self-confident person lecturing a room full of people was perhaps once in exactly the same situation as you are yourself. Our training and support has helped them to develop personally and professionally – and it could do the same for you.

Our consultants come from all walks of life, and all age groups.

People join our Consultant team for a variety of reasons. Naturally, it's an excellent way of maintaining the weight loss you've already achieved. Helping others to lose weight is also an important factor. Then there's the flexible hours which open up the chance of valuable employment to those normally excluded – part-time workers, mothers with families and so on. Nor should the potentially good financial rewards be ignored.

To become a Consultant, you don't need any formal qualifications. Informally, you will need to be able to get on with people, and as has been mentioned, your interest in slimming will be reflected by control of your own weight. Generally we prefer people to run a minimum of two clubs a week but by and large you are free to put in the hours that suit you. A car and phone are required, but otherwise you don't have to worry about any capital outlay.

Although this is a self-employed position, the company provides a phenomenal amount of support to its Consultants. An on-going process of training ensures that everyone is kept fully up to date with the latest developments in slimming. Many new consultants are often initially put off at the thought of having to address audiences. Our training sessions will help equip you with the presentation skills you may require. The company supplies all the promotional and administrative material that you will require to run one of our clubs.

# The Company

Welshslim began assisting people to lose weight under its founder Janis Stuttard in 1982 and soon became Wales's leading independent Slimming Company. As a company we pride ourselves on the fact that we give our members personal attention on a weekly basis; no member is weighed by anyone other than the designated consultant of that club. And every member is encouraged to take the step-by-step route to successful weight loss through our lifestyle programme. We don't operate gimmicks, or marketing jargon just results!

In its heyday Welshslim operated over 130 clubs throughout Wales but a management decision some years ago to downsize the company has resulted in the majority of its clubs being concentrated in and around Mid & South Wales. In December of last year due to the retirement of the then current MD, the Company was acquired by Jo Hipgrave, herself a Senior Consultant within the Welshslim team. Jo like Janis before her got to her target weight via the methods that Welshslim operate.

The plan today for the company is somewhat different. With obesity and weight issues being an extremely topical issue, Welshslim knows that the lifestyle programme that they have always promoted and operated their clubs under is the way forward for so many people in the Principality. Therefore, we are embarking on a massive expansion plan to offer our clubs in as many cities, towns and villages as we can.

Our consultants are carefully selected, as they will become privy to sensitive and confidential information about our members and need to have the ability to gain results whilst appreciating the personal constraints that some members may have. Consultants are the members "conscience" and very often become the "lifeline" in what is a difficult but worthwhile activity.

## Are you ready to make a difference in your life and others?

### Penny's Story



It was the final straw, clothes shopping had never been a problem before. I had always headed straight for Etams or gone for elasticated waists and baggy T-Shirts.

But this time my husband wanted to buy me a leather coat, after trying on at least ten coats all size 18-22 and all too small I just wanted to cry.

The shop assistant felt embarrassed for me and smiled at me with pity. I knew then it was time for action.

I had seen an advert for Welshlim and decided to give it a go! Since joining Welshlim, I have never looked back! After a steady weight loss of 1-2lbs a week, within 18 months I was at my target weight and an all over size 12.

Thanks to attending my club every week since, I have held my target weight for over two years. I still love the thrill of going into any clothes shop and knowing I can buy what I like and not just buying things that fit!

My two children love the way new slim Mum can play football, swim and play with them!

Thanks to Welshlim and their support I now live a very busy and active life and plan to keep it this way!

Penny – Before joining her local  
Welshlim Club



## Penny – After joining her local Welshslim Club



It was the 15th January 2002 when I joined Welshslim's Brecon Club. I soon felt relaxed, chatting with all the others members because everyone was there for the same reason - to lose weight!

Ann, our Welshslim Consultant, came to me to take notes about my medical history and to assess my lifestyle and eating habits. She made me feel very welcome and at ease. It was after our initial discussions that she weighed me and found I needed to lose 7 Stone! - So the battle of the buldge began.

Slowly but surely the weight came off and it was February 2004 I reached my target weight.

It has been without a doubt Ann's enthusiasm, sound advice, discipline and a touch of humour that kept me going. As with all our club members, Ann made us realise that the Welshslim Programme is not a diet but healthy eating by making the right food choices.

So if you want to lose weight and lucky enough to have a Welshslim club in your area - go along and join, because if I can do it - anyone can, especially with the help and advice of a good Consultant.

A very big "Thank You" to Ann!!

Ann Rees holds her classes at:  
The Conservative Club  
St Mary's Street  
Brecon  
On  
Tuesday at 12.30pm and 6.30pm

## Debbie Brown



Like the majority of our consultants, Debbie first discovered Welshslim as a member.

Married with 2 young children, she found that the normal every day demands of family life had played havoc with her weight. Although she managed to lose a stone by following a very strict diet, she decided that this was not the way to live and she needed to find a more life-friendly way of losing her excess pounds and staying slim so that she could enjoy a happier and healthier lifestyle.

Debbie joined Welshslim on 29<sup>th</sup> March 1995 in her home town of Briton Ferry. With the support and guidance of her consultant, Julie Doyle, Debbie quickly discovered that it was possible to eat what you liked and lose weight.

Eating around 1600 calories a day, Debbie was delighted to find that her weight was coming off at 1-2 lbs per week. She started including some exercise in her programme and, within 5 months, Debbie had reached her target weight of 9st 7 lbs.

"I couldn't believe that I'd lost weight so easily. I found that calorie counting suited my lifestyle, I could eat what my family were eating, socialize with my friends and enjoy my favourite foods. It was wonderful!"

As her weight dropped, Debbie's confidence soured and when she reached her target weight she decided that she would like to help others realize their dream the way Julie had helped her realize hers.

"I firmly believe that if you are to lose weight and keep it off for ever, the only way to do it is to follow a sensible eating and exercise plan. Calorie counting is easy – once you get the hang of it! – because it means you can adjust what you eat to fit in with what you're doing – and that was invaluable with a young family to bring up!"





Debbie has been a consultant with Welshslim for nearly 9 years now and, she says 'Feel as passionate about it today as I did when I started'.

Debbie is one of Welshslim's 6 Regional Consultants and in addition to managing the consultants in the Neath/Port Talbot region, runs 13 classes in the area herself.

Delyth Alcock

### Member of the Welshslim Club at Carmarthen

I can never remember feeling that I was a 'small' person. Food was my comfort in times of trouble – when I was bullied at school, when I lost my brother, the way I coped with my mother's cancer scare, my own health problems that started at the age of 15. By the time I left school to join a local factory as a machinist I was 3 stone overweight.

At 19, my life came crashing down when, after several months of tests, it was discovered that I had a hole in the heart. I was told that as a result of my heart problem, I would never be able to have children and that my activities would be restricted because of the seriousness of my condition.



When Christmas 2003 came, I ate so much that for 2 days I felt so ill that I couldn't face food – I just wanted to crawl into bed and stay there. It was then that I made the promise to myself that I would start to tackle my weight problem so that I could start to enjoy a happy and healthy lifestyle with my family. My New Year's resolution for 2004 was to look after myself – my time had come! I want to be fit at 30 not fat!

On January 24<sup>th</sup> 2004, I enrolled at the Welshslim class in Carmarthen. I couldn't believe that I could eat so much! It took me 4 weeks to lose my first stone and then came off at 1 – 2 lbs per week. By the time I was 30 in October 2004, I'd lost 4 stone. I've since managed to lose my 5<sup>th</sup> stone and am 3 lb away from my target weight.



Looking back over the past few years, I feel that I've wasted a lot of my younger days being overweight and wishing I could join in various activities. Now, I can join in and do the things that I've always wanted to do.

I am a different person! My health is much better - my circulation problems had improved, my breathing difficulties aren't as bad. I have taken up Yoga and Belly dancing and enjoy the occasional swim. I feel that, at last, I can enjoy life to the full.

If you are still interested please complete the attached application form.



PO Box 94, Port Talbot, SA13 2ZS

Tel : 01656 749407 Fax : 01656749323  
www.welshslim.com

Application Form to become a Self-Employed Slimming Consultant

PERSONAL DETAILS	
Forenames :	Surname :
Date of Birth :	Mr/Mrs/Ms/Miss/Other :
Telephone Number :	Mobile No. :
Address :	Have you attended a Welshslim Class?
Post code :	If 'yes', which one
Do you have your own computer? Yes <input type="checkbox"/> No <input type="checkbox"/> Email address :	

SECONDARY EDUCATION & QUALIFICATIONS		
School	Dates of Attendance	Qualifications gained
_____		

HIGHER/FURTHER EDUCATION & QUALIFICATIONS		
College / University	Dates of Attendance	Qualifications gained
_____		

OTHER QUALIFICATIONS / TRAINING		
_____		



## GENERAL INFORMATION

Please detail below your reasons for applying for this position and the strengths you would bring to the post. Please continue on extra paper if needed.

Please describe the qualities you possess that you would bring to the role of Welshlim Consultant

Describe the last time you complained about service received from a provider, shop, restaurant. How did you complain? What was the outcome?

Describe how you have organized and prioritized a project/event within your professional/personal life. How did you ensure that results were achieved on time and to an appropriate standard?

What areas near your home do you think would benefit from the opening of one of our successful clubs?

Have you applied to become a Welshlim Consultant before?  
If yes, please give us the date of your previous application

## HEALTH DETAILS

Health – any offer of employment will be conditional on confirmation of your medical suitability for employment.  
 Number of days sickness absence in the last two years :

GP's Name & Address :

<u>Have you previously, or do you now suffer from :</u>	<u>Yes</u>	<u>No</u>	<u>If yes, please give details</u>
<u>Stroke</u>			
<u>Heart Problems</u>			
<u>Epilepsy, Seizures or Convulsions</u>			
<u>Schizophrenia, Psychosis or Depression</u>			
<u>Type 1 Diabetes</u>			
<u>Lactose Intolerance</u>			
<u>Anorexia, Bulimia Nervosa</u>			
<u>Addiction to Alcohol, Drugs or Gambling</u>			
<u>Do you take medication for Thrombosis?</u> <u>Have you had Thrombosis in the last 6 months</u>			
<u>Have you had Angina in the last 12 months</u>			
<u>Have you had an operation in the last 3 months?</u>			
<u>Have you had any trauma or serious injury within the last 3 months?</u>			

Please list all absences from work/illnesses in the last 12 months and the reasons for any absence from work :

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CRIMINAL RECORD

Please give details of any criminal convictions except those spent under the Rehabilitation of Offenders Act 1974. If none, please state this.

PROOF OF ELIGIBILITY

Under Section 8 of the Immigration Act we are required to check all employees are eligible to work in the UK. Please confirm that, if you are offered a position within our organization, which of the following documents you would be prepared to supply to us and allow us to copy.

P45 from previous employer	A UK or ROI Birth Certificate	Registration or Certificate of Naturalisation as a British Citizen
National Insurance Certificate	A document stating your NI number	A National Identity Card issued by a State which is party to the EEAA
Passport	UK Residence Permit issued to a National of a State which is party to the EEAA	Letter issued by the Home Office indicating permission to work in the UK

If you are not an EU citizen does your passport restrict your time or employment in the UK?

Yes  If Yes, please give details

No

DECLARATION

Please read this section carefully before signing the application.

I authorise the Company to obtain references to support this application once an offer has been made and accepted. To the best of my knowledge all the information I have given is true. I understand that any false statement may disqualify me from becoming a self-employed consultant. I give my consent to my personal information being processed in relation to my application for employment.

*Data Protection Act* - the information given to us in the form will only be used in relation to your application for employment. By signing this declaration, you are giving us your express consent to retain and process this information under the *Data Protection Act 1998*.

Signed : ..... Date : .....



## The team

- Jo Hipgrave - Company Director
- Richard Hipgrave - Company Secretary
- Julie Doyle - Management Consultant
- Sally Williams - Administrator

## Welshslim,

PO Box 96, Port Talbot SA13 2UP

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**Welshslim**  
*for a brand new you!*