

Consult with an Expert Get a Customized Plan to Live Your Life

EDUCATION

Food Allergies
Food Intolerances
Medically Necessary Diets

LIFE SKILLS

Workplace/School Management
Daily Meal/Menu Substitutions
Safe Food/Personal Care
Recommendations
Family/Caretaker Training

CONSULTING

1:1 Support
Personalized Plan Of Action
Grocery Shopping Assistance
Personalized Advocacy
Travel Arrangements/Support
Emergency Action Plans
504 Planning/Consulting

MISSION: To help 220 million people, worldwide, diagnosed with food allergy disease better manage daily living. AllerCoaches provide real tools to each specific client and their situation.

About Susan Freel



As a parent whose children were diagnosed with multiple food allergies, I learned that changing the way our family thought about how we lived our lives was the first step to ensure that our children did not feel they were defined by their diagnosis.

Due to my experience with my family's food allergies, I became passionate about helping others find ways to navigate through life's transitions. Instead of focusing on obstacles, we need to strategize ways to live our lives the way we choose.

Through coaching, I found a way to take my experience and help others in transition to live their lives with less uncertainty and more purpose, direction, and balance.

- MSW (Masters in Social Work) and MA (Masters in Human Development) from Boston College
- Certified AllerCoach (TM)
- CPC (Certified Professional Coach) from iPEC (Institute for Professional Excellence in Coaching)

Let's Get In Touch!

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Food Allergy Coach

One-On-One Food Allergy Services





"The only way to make an effective change is to focus on the benefits of the change, not the challenge in making it." - (iPEC Coaching)

Food Allergy Coach

Customized plans to live each day with confidence

Unlike other areas of personal growth, living with food allergies must be risk-free while transitioning to a safe and healthy environment. We must remember to pace ourselves. It is essential to identify goals to help us stay organized, while becoming an advocate for yourself and others to live allergy-free.

By using coaching techniques, we will explore new ways of improving your comfort level and interactions. This will help you transform your thoughts into awareness, allowing you to navigate through life's daily obstacles and challenges.



Perspective | Awareness | Curiosity | Empowerment

Why You Need A Food Allergy Coach

- People newly diagnosed with multiple allergies need more education and navigation in their lives other than a piece of paper that says "avoid these things or face severe illness or death."
- Allergists struggle with how to further help patients as time doesn't always permit during the office visit.
- ER & GP docs may not have a comprehensive education regarding food allergies.
- Food Industry Professionals may never have received formal education related to food allergies.

"Susan not only understood, but also helped me realize that I have the ability to control how I deal with my son's food allergies when it's a foreign concept to family members. She provided thoughtful insight and knowledge on how to cope with such situations."

~Laura

What It Means To Be A "Certified Food Allergy Coach"

Certified food allergy coaches are not only given the education on managing medically necessary diets but they each have personal experience. An AllerCoach(TM) covers the gray areas, after leaving the emergency room or the doctor's office. We help families, individuals, and institutions implement the day-to-day life management changes required for individuals with medically required diets to stay safe, live healthfully, and have a functional life.



Our Services

Let's discuss creative ways to be curious about all the possibilities that can help you live day-to-day with more safety, confidence, and balance.

- Support Post-Diagnosis
- Custom 1:1 Education
- Work/School Accommodation Planning
- Menu Development
- Shopping Assistance
- Customized Tools
- Personal Action Plans Planning
- Kitchen Organization

Tools

- Personalized Chef Cards
- Emergency Tool Kits
- Emergency Action Plans
- Role Play
- Kitchen Organization