

By Lani Nutrition Clinic

To book email:
hello@by-lani.com



Lani Finau, Clinical Nutritionist (BHSc) & Speaker | Registered with ANTA
Specialising in teen & female health, menopause, metabolism & weight management

Welcome to By Lani Nutrition! This brochure will run you through all the services and offerings available with clinic owner, Lani.

Have a question or ready to book? Contact Lani anytime.

Email: hello@by-lani.com | Phone: **0433 030 498** | Website: by-lani.com

Services Available

- **Pg 4:** 1:1 Nutrition Consultations (Australia-wide via Telehealth, or in-person)
- **Pg 5:** Workplace & Community Workshops
- **Pg 6:** School & Youth Workshops
- **Pg 7:** Teen Sport Nutrition & Performance Workshop
- **Pg 8:** Performance Pathway | 6-Week Program
- **Pg 9:** Metabolic Reset Program
- **Pg 11:**
 - Guest Speaking
 - Social Media Content & Collaborations
- **Pg 12:** Freelance Content & Writing



CORPORATE WELLNESS REVIEW



Lani is the expert you need when performance matters. She didn't give us generic advice; she delivered the science-backed, specific knowledge required to help women sustain high-impact careers and beat chronic fatigue.

– **Mamamia**

PILATES STUDIO WORKSHOP REVIEW



Lani created such a warm, engaging and supportive environment for our community, her knowledge was not only evidence-based, but incredibly accessible and empowering. Our members were so engaged, asked thoughtful questions, and left feeling genuinely inspired to take action on their health.

– **V. M** (Studio Manager, inLIFE Peakhurst)

PILATES STUDIO WORKSHOP REVIEW



Her overall knowledge is unbelievable. I've been on every diet, I've been to nutritionists, dietitians... and she's far better than anyone I've ever seen.

– **J. L** (Workshop Attendee)

SPORTS NUTRITION WORKSHOP REVIEW



Lani is amazing to work with. She presented a nutrition talk at my netball clinic and it was a big hit. She provided the kids with great information and the kids absolutely loved it. Would highly recommend booking :)

– **L. GB** (Founder, Playfit Netball Coaching)

MASTERCLASS REVIEW



A massive thank you for your talk tonight, I had a moment half way through in my head saying "I'm really going to start taking care of myself now" and that was crazy.

– **B. M** (Workshop Attendee)

CONTENT CREATION REVIEW



It has been my absolute pleasure to work with Lani – she is a talented switched-on content creator and intuitive nutritionist with great people skills. Her passion for health and wellness, plus her 100% commitment to all that she does make her a dream to work with.

– **L. Y** (Creative Director)

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About Lani

Lani is an accredited Clinical Nutritionist (BHSc), speaker and one of Sydney's leading Women's Health Experts. She supports clients Australia-wide in her Sydney-based clinic.

Beyond 1:1 client work, Lani frequently delivers nutrition workshops and seminars, lectures, and guest speaks – particularly at workplaces, schools, sporting clubs and fitness studios. She also freelances for a variety of wellness brands and businesses creating programs, recipes, social media content, writing expert articles and more.

In other work, having been a representative athlete herself (playing netball) – Lani is the Head of Sports Nutrition at NSW Tonga Netball Association. She's also on Endeavour College of Natural Health's Academic Discipline Committee Biosciences, and is proud founder of the 'Think Well Project' – an evidence-based school program that helps teens fuel, focus and feel-good.

Previous Work

Lani was a Health Coach Lead at Eucalyptus (leading digital healthcare clinic) assisting thousands of patients along their medicated weight loss journey, building a global weight management program, and managing a clinical team of nutritionists and dietitians. Additionally, helped build their AI healthcare chat bot, June, to scale personalised care.

Prior to that Lani worked for leading Australian wellness and beauty brand, SWIISH, in content/social media and as their in-house nutritionist. This spanned work from recipe development, program creation, product development, working with clients in their Telehealth clinic, creating and driving content across all wellness and beauty categories, writing their blog and EDMs, and managing all social media platforms.

Featured In:



Daily Telegraph

Mamamia

BOBY

news.com.au

Wild

nine.com.au

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1:1 Nutrition Consultations 🍏

Description: Nutrition consultations include an in-depth holistic assessment of a clients health, comprehensive analysis of nutrient intake, dietary behaviours, lifestyle factors, medical history, review of body systems and pathology results (blood tests and functional testing, if available), and any other examinations that may be necessary.

Treatment Plan: Following the consultation, clients are provided with a treatment or performance plan that will encompass personalised dietary, lifestyle, and (if relevant) supplement/nutraceutical recommendations or referral pathways to support their goals.

Duration:

- Initials: 45-minutes (new clients only)
- Follow-Ups: 30 minutes

Cost: Can be charged per consult, per hourly block or on a percentage split.

- **Per consult:**
 - Initial Consults: \$220
 - Follow-Up Consults: \$120
- **Per hour:**
 - \$200 per hour, minimum 2-hour blocks booked per day



Percentages: If you would like to have Lani delivering consultations as part of your offering whereby you promote her consultations as part of your services and take a percentage of earnings – the standard rate Lani operates by is 70:30 (you keep 30% of the consult fee). Alternatively you can book Lani on an hourly basis.

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Workplace & Community Workshops 📣

Ideal for: Corporates/workplaces, Pilates & yoga studios, gyms, community groups, dance studios, private group sessions, wellness brands

Cost: \$450-600 per session*

Duration: 45-90 minutes*

Workshop Topics Available:

- **Women's Health Masterclass: Female Hormones, Energy & Metabolism** – excellent for women of all ages
- **Beating Burnout: Breaking the Fatigue & Stress Cycle** – great for corporates, a practical guide to sleep better, beat stress & manage your metabolic health long-term
- **Menopause, Metabolism & Fatigue** – covering female hormones, perimenopause support and symptom prevention, HRT, common myths and weight management
- **Goal Setting, Habit Building & Nutrition Foundations** – deep dive into macronutrients, micronutrients, superfoods and energy
- **Protein & Gut Health: Worth the Hype?** – A deep-dive into these trending topics (protein sources and how to increase, fibre, pre and probiotics)

*Content and duration can be customised as needed. Cost & duration will change slightly depending on this. Contact Lani for a quote.

Don't see the topic you're after?

Custom workshops are available! Contact Lani to discuss.

💡 **Highly Recommended:** Running a workshop series!
Suggested you select 2-3 topics to run a series of workshops with Lani for attendees to get maximum value.
Discounts available for workshop bundles.



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School & Youth Workshops

Ideal for: 10-18 year olds

Cost: \$15 per student, minimum 20 students (flat fee available if needed)

Duration: 60 minutes

Workshops Available:

- **The Think Well Project** – interactive workshop for years 5-10, covers nutrition foundations for fuelling the teen body (healthy snacking, building a balanced plate, recipes, etc), improving focus & feel-good (sleep, mood & overall wellbeing)
- **HSC Wellbeing Toolkit: Think Well Project** – to help year 11 & 12 students perform their best by maximising focus, energy and cognition through food & lifestyle (great as a sequel to the Think Well Project)
- **Female Health Workshop** – a deep-dive into nutrition for the growing female, hormones & understanding your cycle (years 7-12)
- **Female Wellbeing, Body Image & Fostering a Healthy Relationship with Food** – excellent for students in years 9-12



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Teen Sport Nutrition & Performance Workshop

Ideal for: Young athletes (best for 10-18 yrs), sports clubs/teams, coaches

Cost: \$450-600 per session*

Duration: 60-90 minutes*

Topics Covered in the Session:

- Mindset & Goal Setting
- Physiological Demands of their Sport (tailored to the specific sport, if needed – can be kept neutral if preferred)
- Macronutrients & Energy Requirements (Protein, Carbs, Fat)
 - RED-S
- Visual Guide to Nutrition – The Healthy Plate Model for Athletes
- Practical Recipes & Snacks for Teen Athletes
- Pre & Post Exercise Nutrition (day of eating guide)
- Sleep, Rest & Recovery

*Content can be customised as needed. Cost & duration will change slightly depending on this. Reach out to Lani for a quote.



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Performance Pathway | 6-Week Program ⚡

This program is designed to dive deep into nutrition and wellbeing for growing female athletes and performers (e.g. dancers, netballers, swimmers, etc).

Ideal for: Ages 11-25

Cost: \$220 per participant (total for all 6 sessions), minimum 12 participants*

Duration: 60 minutes per session

Topics Covered in each Session**:

- **Week 1:** Nutrition Foundations (Macronutrients & Micronutrients)
- **Week 2:** Protein & Muscle Strength
- **Week 3:** Gut Health, Fibre & Optimising Your Microbiome
- **Week 4:** Female Hormones & Their Impact on Performance
- **Week 5:** Stress, Sleep & Recovery
- **Week 6:** Game Day Nutrition & Recipe Workshop

*If you have less than 12 participants price will vary slightly.

**Content will be tailored as needed to your specific needs, sport or demographic.



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Metabolic Reset Program

This 8-week weight management program combines personalised 1:1 nutrition consultations with engaging and evidence-based seminars to set members up for long-term, sustainable success.

Demographic: Women of all ages struggling with weight management, particularly recommended for those in **perimenopause** and **menopause**.

Ideal for: Wellness Brands/Organisations, Pilates & Yoga Studios, Fitness Centres

Duration: 8 weeks

Includes:

- **3x 30 minute 1:1 Telehealth nutrition consultations (per person)**
 - These 1:1 sessions are designed to provide tailored support and advice for their weight loss (e.g. nutrition advice, macronutrient and calorie targets, lifestyle advice, supplement recommendations, habit change, etc)
 - Please note: In-depth dietary guidance is provided along with some recipes if needed, however 7-day meal plans are not included.
- **4x 60-minute weight seminars** (in-person or online – can be delivered at any point throughout the 8 weeks, recommended fortnightly):
 - **Session 1:** Nutrition Foundations – Macronutrients, Hormones & Metabolism
 - **Session 2:** The Key to Long-Term Success: Protein & Muscle Mass
 - **Session 3:** Missing Links: Gut Health, Cortisol & Stress in Weight Control
 - **Session 4:** Flip the Script: Managing Metabolism through Menopause

See next page for pricing →



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Metabolic Reset Program | Pricing

- **Cost:** \$359 per person (minimum 15 participants)
 - Across the 8 weeks this permits:
 - 3x 30-minute 1:1 nutrition consultations
 - Attendance to all 4 seminars

There are two pricing options:

- **Option 1:** Organisations place 100% of the \$359 per person cost onto attendees, meaning no upfront cost for the studio*
 - Option for attendees to pay direct to Lani if easiest
- **Option 2:** Organisations charge more than \$359 per person so they can keep 100% profits above this price
 - If this option is chosen, the organisation pays Lani the \$5385 directly

Important notes:

- *If there are less than 15 participants, the organisation will need to pay the difference to cover the minimum \$5385 price (15 x \$359)
- Organisations can also sell tickets to the workshops to people not doing the full program to help cover the cost and generate additional revenue



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Guest Speaking

Lani is available to Guest Speak at events or join panel discussions. Price will vary depending on your event. Please reach out to Lani to discuss.

Social Media Content & Collaborations

Due to her extensive experience in content creation and social media – Lani is available for content collaborations. This may mean creating content you post on your socials, or creating content you would like her to share on her @by_lani Instagram (2.7k followers).

Important note: Lani will only consider social media content collaborations with brands she aligns with and has used extensively. Contra collaborations also available.

Content Type Examples:

- Educational reels or Tik Toks (i.e. debunking a health myth, discussing your product, explaining nutritional tips on a certain topic, etc)
- Recipe videos
- Instagram Lives (such as AMAs, education topics, live recipe cooking, etc)

Price: Average ~\$300-\$600 per piece of content (price will vary depending on what you're looking for, please reach out to Lani for a quote)

Content Packages: If you are looking to collaborate on multiple pieces of content – discounted content packages are available upon discussion.

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Freelance Content & Writing

Looking for expert-written EDMs, blog posts or articles? Wanting to create a nutrition or wellness program for your brand or studio? Launching a nutrition product you want support with? Need help on any other freelance work in the health and wellness space?

See Lani's price list below, different options available depending on your needs.

- **Hourly freelance rate: \$85 per hour**
 - Great for product development or other misc freelance work you're looking for support on in the wellness space
- **Writing rate: 50c per word**
 - Great for EDMs, blog posts and articles
- **Project fees: Quotes available on request**
 - For larger projects, like program development or recipe e-books



💡 To read articles by Lani, head to her Substack [here](#) or blog on [by-lani.com here](#)