BECOME UNSTOPPABLE

STAY DANGEROUS

LEWIS PARIS • SELF-IMAGE COACH

Working with me

Your pathway, what’s included,
and what to expect

For adults living with vitiligo
and other visible skin conditions

A NOTE FROM LEWIS

Before you decide anything

In 2019 I noticed a small white patch above my eyebrow. By 2021, around half my face had changed colour, and a doctor told me it was here to stay.

For five years I wore a hat everywhere. I kept my head down, avoided eye contact, and sat where no one could see me. I know what it’s like to check your skin every morning, to dread the wedding or the holiday, and to feel alone even when people are kind.

What changed for me wasn’t one cream. I accepted it, got my stress under control, rebuilt my health from the inside out, and slowly stopped hiding. Today I walk down the street, head up, without a hat.

That’s what I help you do. Not by promising your colour back, because no one can honestly promise that, but by helping you give your body its best chance and feel like yourself again, whatever your skin does.

This leaflet explains how working together starts, what each option includes, and what to expect from me. Read it in your own time. There’s no pressure.

Lewis

Lived with vitiligo since 2020 • 8,000+ coaching hours • Human Performance Coach, Red Bull Sim Racing (6 years) • ICF-accredited training • Author of The Vitiligo Reset

THE PATHWAY

How working together starts

There’s one simple route. You never have to guess which option is right for you. We decide that together.

1

A 30-minute discovery call (£25)

We talk about where you are, what you’ve tried, and what’s weighing on you most. You leave with one thing you can start on straight away, whatever you decide. If you go ahead with either option within 7 days, your £25 comes off the price. Your camera is optional.

2

Your recommended next step

If we’re a good fit, I’ll recommend one of two options, based on what you need, not what earns me the most.

OPTION A

The 1:1 Session – 60 minutes

For clarity and a plan, if you’re not ready for 12 weeks yet.

OPTION B

Unstoppable in Your Skin – 12 weeks

For real, lasting change, with me alongside you every week.

3

We begin

You’ll receive a short questionnaire before your first session, so we can use every minute of our time together on what matters.

If the call shows that coaching isn’t right for you, I’ll tell you honestly and point you to something that is, such as my free video, a guide, or the right professional.

OPTION A

The 1:1 Session

60 minutes, online.

Best for: when it’s taking over your head and you don’t know where to start. You want clarity, a plan, and someone who gets it.

Before the session

A short questionnaire covering your history with your skin, what you’ve tried, your stress load, your routine, and the situations you’ve been hiding from.

In the session

- We map what’s driving the stress, and where it shows up in your day.
- We find the weakest link in your sleep, movement, nutrition and recovery.
- We name what you’ve been hiding from, and choose your first step out of it.

You leave with

- One lifestyle change to start this week
- One first “be seen” step you feel ready for
- A written 7-day plan, sent after the session
- A WhatsApp check-in during the week that follows

£125 founding rate (normally £175)

Had a discovery call in the last 7 days? Your £25 comes off, so you pay £100. And if you join Unstoppable in Your Skin within 7 days of your session, your £125 comes off the programme price.

OPTION B

Unstoppable in Your Skin

The 12-week programme. 1:1, online.

Best for: when you're ready for real, lasting change, and want someone alongside you every step of the way.

The three phases

Weeks 1–4 Face it. Your onboarding deep-dive, acceptance, understanding your triggers and stress load, and resetting your sleep and recovery.

Weeks 5–8 Rebuild. Movement, nutrition (with a GP blood test and referral where needed), calming your nervous system, and building recovery habits that last.

Weeks 9–12 Be seen. Self-talk, identity and beliefs, your goals, and a flare-up plan so you know exactly what to do when you feel one coming.

Running through all 12 weeks: a step-by-step "be seen" ladder. It starts small, like the mirror, eye contact and a short walk without covering up, and builds towards the moments you've been avoiding: the wedding, the date, the beach, the photo.

What's included

- A 2-hour onboarding deep-dive to start
- Weekly 60-minute 1:1 coaching calls
- WhatsApp support between sessions
- The Vitiligo Reset, The Burnout Recovery workbook, The Longevity Blueprint and The Unstoppable System toolkit, free
- Your personal flare-up plan and routines to keep after the programme

£1,500 or 3 monthly payments of £525

Coaching always works alongside your medical care, never instead of it.

HOW I WORK

What to expect

From me

- **Honesty.** I'll never promise your colour back. I'll tell you what I think will help, and what won't.
- **Confidentiality.** What you share stays between us.
- **Lived experience.** I've been where you are. You won't have to explain what it feels like.
- **Structure.** Every session ends with clear, doable actions, not just a good conversation.
- **Support between sessions,** so you're not on your own when it gets hard.

From you

- **Show up honest.** The more real you are with me, the more I can help.
- **Do the work between sessions.** Change happens in your week, not just on our calls.
- **Go at your pace, but keep going.** Small steps count. Stopping doesn't.
- **Keep your doctor involved.** Keep seeing your dermatologist and GP as you normally would.

Good to know

- **I'm a coach, not a doctor.** I don't diagnose, treat or prescribe. If you need medical or mental health support beyond coaching, I'll always point you to the right professional.
- **Sessions are online,** over video. Your camera is optional.
- **Rescheduling:** please give at least 48 hours' notice by emailing contact@lewisparis.co.uk. Missed sessions, or changes with less than 48 hours' notice, can't be refunded or rearranged.
- **Payments:** sessions and programmes are paid in advance and are non-refundable.

QUESTIONS

Questions, answered

Can you cure or reverse my vitiligo?

No one can honestly promise that. Some people regain colour and some don't. My work focuses on what you can control: your stress, your lifestyle, and how you see yourself, alongside your dermatologist.

I have psoriasis, eczema or alopecia, not vitiligo. Can you still help?

Yes. The hiding, the stress and the self-image side are very similar. We'll talk about it on your call.

I'm nervous about being on camera.

That's completely normal, and your camera is optional. Plenty of people start with it off.

How do I know which option is right for me?

You don't need to decide now. That's what the discovery call is for. I'll recommend the option that fits you, not the most expensive one.

Why is the discovery call £25?

It means everyone who books is ready to make a change, and it lets me give every call my full attention. You still leave with one thing you can start on straight away, and if you go ahead with the 1:1 Session or the 12-week programme within 7 days, your £25 comes off the price.

Can I spread the cost of the 12 weeks?

Yes: three monthly payments of £525.

What happens after the 12 weeks?

You'll leave with your routines, your flare-up plan and your "be seen" ladder, so you can keep going on your own. If you'd like ongoing support, we can talk about it at the end.

YOUR NEXT STEP

You've hidden long enough.

Book your 30-minute discovery call.
£25, taken off your next step if you go ahead.

Book your discovery call

lewisparis.co.uk • contact@lewisparis.co.uk

Become Unstoppable.