Corporate

theNutritioncoach

# Boost energy and improve performance

## Invest in Your Company's Health & Wellness



www.thenutritioncoach.co.uk

freephone 0845 0502 442

## Healthier lifestyles – better productivity

"Research showed that unhealthy employees effectively work one day less each week than their healthier colleagues." Year-long study by wellbeing consultancy Vielife

Stress is the number one cause of absenteeism in the workplace, yet some simple advice about healthy eating can transform your staff – optimising their performance, wellbeing and happiness.

**The Nutrition Coach** presents informative and inspirational talks and workshops that will convince your employees of the value of good nutrition.

**Our team** of nutritional therapists have extensive experience in engaging a variety of corporate audiences, working with some of Britain's top companies to bring health into the workplace. They include:

- Accenture
- Acumen
- Bank of England
- Bank of New York Mellon
- Divertimenti
- Channel 4
- Charles Russell Solicitors
- Christies Fine Art Auctioneers
- Discovery Channel Europe
- EDF Energy
- Leiths
- Jones Lang LaSalle
- Investec
- Itsu
- JP Morgan
- Ogilvy and Mather
- Oxford University Press
- London Underground
- McKinsey Consulting
- Merrill Lynch
- Ping Pong restaurants
- Prêt a Manger
- Royal Bank of Scotland
- Selfridges
- Skanska
- Topshop



"Last year 175m working days were lost to sickness and absence, costing organisations about £650 per employee."

Secretary of State for Work and Pensions

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## The Nutrition Coach Corporate Services

Our qualified nutritionists deliver fresh, creative and practical information in an interactive style that encourages learning. Short questionnaires and on-site nutrient testing during our presentations increase audience involvement and participants leave with handouts setting out simple steps to vitality and optimum health.

You will find examples of our services below. Each can be customised to suit your requirements.

"An excellent interactive session – I highly recommend The Nutrition Coach for a different, meaningful, team-build activity with real benefits."

Patsy Neal, Manager,
Corporate Care at Acumen

**Nutrition Workshops and Presentations**
Interactive and engaging workshops on a range of topics including

- Sleep
- Weight Loss
- Vibrant Energy
- How to Eat, Ageless Ageing
- Dump the Diet.

**Canteen Audit**
We undertake a nutritional analysis of your corporate canteen or restaurant and help you improve your menu to offer staff appealing and nutritious food for maximum health benefits.

We can also produce nutrition guidelines for display and develop menus for special occasions.

**Corporate Clinic Days**
We can run on-site clinic days for your employees to receive in-depth nutritional consultations. These can take place at your premises or at our London clinic at preferential rates.



"The Nutrition Coach proved a real asset to our Health and Safety day, engaging staff with their entertaining, informative, practical and inspirational work." Skanska

**Health Days and Fairs**

Running a corporate information day for staff? We can arrange taster nutrition sessions with information on health and lifestyle.

**Cookery Workshops**

We run practical workshops on how to cook inspirational healthy food for an fun and interactive learning experience.

For more about **the Nutrition Coach Corporate Services** or our one-to-one nutritional consultations in London please call our number: **0845 0502 442** or email us: **info@thenutritioncoach.co.uk**

"It's amazing how much comes up about the food you eat in a 15 minute consultation! I was very impressed with the after-care employees received, with The Nutrition Coach e-mailing recipes to get them on that all important road!"

Faye McLean, Conference Co-ordinator at Discovery Channel



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