

Strategic Nutrition for Corporates

Carola Becker – Certified Nutritional Therapist and Wellbeing Speaker



Make healthy eating part of your workplace wellbeing

'Thank you for your excellent seminar today. It was moving, thought provoking and highly motivational. Well done!' - Helen Bennett, The Business Network

The challenges and pressures to businesses and workforces mean that a strategic focus on employee wellbeing is more essential than ever.

'Employees with a less healthy diet are 66% more likely to be less productive'
(Brigham Young University)

Carola Becker is a forward thinking, passionate Nutrition Coach and founder of Life is Good Nutrition. All of her work is based on latest nutrition science.

As a speaker she has been delivering cutting edge, inspirational and engaging sessions on Food and Nutrition for forward thinking organisations like Michelmores, Devon & Cornwall Police, Tilney, Solaris Health and many more. Carola is part of the complementary therapies team at University of Exeter and a practitioner at TauntonDoctors.

Carola gives talks and workshops to business clients empowering their staff to adopt healthier lifestyles. Let her support your business with a Nutrition strategy tailored around your needs and the topics which are most important to you!

Nutrition presentations and workshops can be delivered for any size of audience from whole workforces to selected teams.

'Keep up the enthusiasm! Looking at you inspires me, you radiate good health'
- Employee at Solaris Health, London

It's time to change the way we think about nutrition – food is more than just fuel: it should be fun! Carola will team up with your workforce and show how small changes can make a big difference.

Why do you accept feeling OK if you could feel amazing?

Talk descriptions

Carola can help your teams and your business understand how great foods can make a difference to your wellbeing every day!

- Stress management and brain productivity
- A day of healthy eating at work and at home
- The four pillars of healthy living
- Make meetings more effective
- Sugar and its effect on the immune system
- Eat well and boost your mental health and metabolism
- How portion size and meal frequency impact productivity
- Translating confusing food labels
- Menopause - eat well and reduce the side effects
- Understanding blood sugar and maintaining energy levels

She also works regularly with staff restaurants to develop healthy, delicious and cost-effective meals.

Speak to Carola today and find out more about her work on her website

www.carolabecker.com

Carola Becker - The Nutrition Coach

Strategic Nutrition for Corporates and Individuals

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