

Workshop Summary

Choose from six innovative interactive 1/2-day workshops that educate your employees about how to develop a healthy lifestyle. Banishing the diet/binge cycle for good and creating a better quality of life.

1. Relationships and your waistline.

Negative self-talk and the consequences of listening. This workshop looks at how to avoid unhealthy interactions and the negative affect this can have on our behaviour.

2. Healthy Eating made simple.

Food for thought. This workshop explores healthy eating, understanding food groups and works to dispel the dieting myths.

3. Food, why, what and when. Diets make you fat.

Are you hungry? Are you sure? This workshop explores the concept of willpower and why we never seem to have enough of it.

4. Excess body-fat

Taking the weight off your mind. Body-fat...from the outside in. This workshop explores the real consequences of carrying too much body-fat and how it's not just about an unloved reflection in the mirror.

5. Self-esteem and assertiveness.

I'm ok, you're ok, we're ok. This workshop looks at how to achieve healthy behaviours in relation to self and others and how saying no can be a positive experience..

6. Population weight gain, why now?

Food...the hidden truth. This workshop demystifies food labels and explores the ever changing value of a calorie.