



1) Relationships and your waistline

There are many ways to develop a more productive, emotionally and physically healthy workforce and our workshop is a good start point.

How other people react to, and interact with, individuals can be key to everything from their temperament, to their behaviour, motivation, productivity and self-esteem. And that's just the beginning of a gamut of emotions and responses that directly affect health, well-being and performance in the workplace.

This workshop shows staff how to avoid unhealthy interactions and the negative affect this can have on our eating patterns. We provide tools that demonstrate how to boost self-esteem, enjoy greater confidence and assertiveness, and develop improved communication and conflict resolution skills – all important things in the workplace.



2) Healthy eating made simple

Healthy weight loss made simple

Diet crazes come and go, some work and many don't. Basically, calories + exercise = weight lost or gained.

Our workshop uses the 'Eat-well Plate' to analyse the foods participants currently eat. A simple visual guide offers a healthy plan that can be followed easily. It shows how cutting out over-processed food can reduce cravings, mood swings and headaches, making individuals more productive.

Dieting makes food an enemy.

This is not only senseless, it's potentially very harmful to health. The human body is designed for survival. Suddenly reducing food intake sends alarm bells around the body's systems, causing a slow-down in metabolic rate. The body's desperate to store energy more efficiently, causing cravings for sugary snacks that quickly boost energy levels. After few weeks of dieting weight loss slows dramatically.

The 'Eat-well Plate' (shown above) simplifies food choices. Lunch-hour time restraints and 'diet' confusion leads to frustration and poor choices. A simple visual guide enables a healthy plan to be followed more easily. Cutting out over-processed foods can reduce cravings, mood swings and headaches. Leading to a more productive workforce.



3) Food...why, what and when?

Poor eating habits are bad for employees and the business. The triggers that make individuals reach for food are almost infinite in their variety but, once identified, and known, people gain control over why, what and when they eat.

Our workshop uncovers the eating patterns that are unhelpful and creates personalised action plans for your staff to help them change their eating habits. We employ entertaining visual exercises to help people better understand why it's a struggle to lose weight. Such knowledge gives one the power to change, to eat more healthily.

The workshop also helps your staff differentiate between physical and psychological hunger. Psychological hunger falls into seven categories: contact, sex/passion, recognition, leadership, stimulus, incident and structure. When food is used to attempt to fulfil these hungers there is a real risk of overeating and drinking or becoming socially isolated and depressed.

Having recognised where food is being used to meet psychological hungers, we look more deeply into the reasons for such behaviour. Once we know where good and bad habits come from they're infinitely easier to deal with, and control.

4) Excess bodyfat, the inside story

Obesity isn't only about body weight. Now it's a recognised medical and psychological disease of epidemic proportions. Just mention food to an overweight person, for example, and a floodgate of emotions opens, overlaid by medical and even deeper psychological problems. The issue, as we show, goes much deeper than an unloved reflection in the mirror.

Our workshop looks inside the body to reveal the need for concern about excess body fat, revealing the toll it takes on our systems. Depression, bad backs, high blood pressure, diabetes, the risk of stroke, frequent doctor appointments and general ill health- many workshop participants are deeply shocked by the potential dangers of those excess pounds.

The workshop would be wrong to spell out the dangers without providing ways to counteract the damage, including how to incorporate regular exercise and make better life choices. Our programme puts participants on the path to a healthier future, mentally as well as physically. The results are clearly visible – less uptight loved ones in the home, more cheerful and productive employees in the workplace.



5) Self-esteem and assertiveness

On this workshop we look at how to achieve healthy behaviours in relation to self and others and how saying no can be a positive experience.

Why do people sometimes say 'yes' when they mean 'no'? Or fail to delegate when they know they should. Or reach for alcohol or fatty foods when a problem threatens to overwhelm them? This is likely to be because they doubt their ability to do something different or cope with whatever is going on around them.

The key to confident, positive employees is self-esteem and assertiveness. This is what our workshop examines. We show how repetitive negative behaviours lead people to make unhealthy, even damaging choices. Things like over-eating, over-drinking or taking on everyone else's problems typify the inability to assert one's authority.



6) Population weight gain, why now?

This workshop de-mystifies food labels and explores the ever changing value of a calorie.

Obesity is at crisis point in the UK amongst young and old alike. No amount of new food technology, modern gyms or easy access to diet and exercise information has made any significant impact. It's clearly important to find ways to control obesity and promote wellness in the workplace.

Today employers and staff equally benefit from our workshops in weight loss education. Falling productivity, rising absenteeism and higher employee insurance costs can be curbed. Insights into healthy eating, calorie control and exercise options lead to informed, healthier staff, able to shed unwanted pounds.

Diet...dos and don'ts

Our workshop talks about yo-yo diets, food crazes, stress at home and at work, explaining why losing weight is becoming harder and harder for individuals. We then provide workable, straightforward solutions.

We explore how to read food labels to make better choices, what food manufacturers can and cannot claim, and how to choose healthier options from restaurant menus.

Armed with this knowledge it's possible to lower calorie intake without dieting per se and avoid the risks of processed food, like increased tiredness, lack of concentration and decreased motivation. Reasons to be cheerful indeed.

Knowledge is power. For instance, we demonstrate the benefits of making more informed food choices – learning what's actually in what we eat, dismissing what advertising or misleading packaging may say.

Simply knowing that this Costa latte has 267 less calories than this Costa berry surprise cooler allows us to make better choices.

Knowledge is power....knowing what is in the foods you choose, opens your eyes to where you might be over consuming....this can then encourage weight loss.