



Kate Cook

The Business of Wellness



Wellbeing for your staff

Find an inspirational, practical and entertaining boost for your staff's wellbeing and morale with Kate Cook. Foundational to the success of your school, and the flourishing of the pupils, is a happy, engaged, vibrant and healthy team.

Kate Cook, Wellbeing specialist for nearly 25 years can provide an inset day/training with a difference – bringing her skills and expertise as a nutritionist for over two decades, Kate weaves a base of nutrition in to other wellbeing modalities – Kate can provide cutting edge sessions on Brain Health, Emotional Wellbeing, Happiness, How to Stress-Less, Sleep, Vibrant Energy and much more.

Kate also delivers a day session on uncovering the compelling “Why” – WHY bother to engage in looking after our health at all? It turns out that once you know what your values are (in other words your core operating system), your best intentions for your health are less likely to be derailed – and once you discover that WHY, what is that non-negotiable, core driver, the reason to be well and healthy, employing the tactics is a lot easier, and infinitely do-able.

Kate also delivers talks and sessions for engaged six-formers – focussing on Optimum Concentration and Exam Success.

Popular Sessions for Schools include:

- Vibrant Energy
- Brain Health
- Stress-Less
- Sweet Sleep
- Boost Immunity
- Critical Concentration
- Discovering your WHY - The Life Map Method

For more information on these sessions and others that might suit your exact needs, or to book a call to see how Kate can inspire you click here:

[Let's talk](#)

TESTIMONIALS

“Thank you so much for the wonderful session on Tuesday evening. I truly enjoyed it. I thought it was extremely uplifting and thought provoking. Feedback has been extremely positive.”

Faye Marland,
Assistant Head, AKS Lytham Independent School

“Thank you so much for this morning, there was some brilliant feedback from the team. It was very insightful and very uplifting.”

Tom Johnson, Health & Safety Manager (Regional), Unite Students

“You were simply brilliant, thanks so much.”

Phil Ward, Thomas' London Day School Clapham

Kate has worked with individuals and corporates to create happier and healthier workforces that boost performance for nearly 25 years. She is a top UK wellness and nutrition expert:

- Founder and director of the Harley Street clinic The Nutrition Coach
- International keynote speaker
- Personal experience with more than 7,500 patients face to face
- Extensive TV appearances and an acclaimed TEDx talk for Fidelity Intl.
- Portfolio of world-leading corporate clients
- Author of seven books