



Corporate Clients include: Abellio, Accenture, Acumen, Bank of England, Bank of New York Mellon, BDL Redefine Hotels, Channel 4, Charles Russell Solicitors, Chiswick Business Park, Christies Fine Art Auctioneers, Catlin, City West Homes, Crocophillips, Coutts (Zurich), Discovery Channel Europe, EDF Energy, Eucerin, Food Service, GE HealthCare, Investec, Itsu Jones Lang LaSalle, JP Morgan, Leiths, L'Oreal (Lancome), Ogilvy and Mather, Origins, Oxford University Press, Queen Mary Business School (University of London), London Underground Ltd., LACA Conference (Key Note) McKinsey Consulting, Merrill Lynch Network Rail, Ping Pong restaurants, Pret a Manger, Prudential (Asia Pacific), RBS, Royal Bank of Scotland, Tata, TimeWarner, SimplyHealth, Sun Life, Virgin Atlantic GlobalFlyer, White Company

Kate Cook

The Business of Wellness



Wellbeing for your workforce

Find an inspirational, practical and entertaining boost for your employees' wellbeing and morale with Kate Cook. Help your workforce to feel **happy, healthy, engaged, and vibrant.**

The Construction Industry regrettably records one of the highest rates of suicide of all industries. The factors that contribute are complicated: including workers living away from family and home, pressure to complete projects, plus the fact that the industry is dominated by male workers who don't want to flag emotional problems. Another factor can include poor diet, effecting concentration, and causing fluctuating energy, low mood/ depression and anxiety.

Focussing on attaining stable energy and concentration levels is the key to making sure your work environment is as productive and safe as possible. This can be achieved through optimising your workforce's understanding of health. What they put into their mouths is what they will get out in terms of vibrant energy, health, and even prevention/cause of some critical diseases.

Kate delivers day workshops that cover two topics - you can choose which ones would suit your workforces' exact needs:

- **Balanced Energy**
- **Mood and Food**
- **Stressed-Out - Your Solutions**
- **Eating Well for Less**
- **Planning for Health**
- **Heart Health**
- **Sunshine and Vitamin D**
- **Strategies to avoid critical disease (through food and nutrition)**
- **Optimise Working on Shift**
- **Back to Work - muscular skeletal issues (and nutrition)**

You can also choose to invest in **Health Testing including Vitamin D assessments for your workforce.**

Vitamin D is one of the elements that contribute to good mental health. 87% of the UK population lack the optimum level of Vitamin D. Find out if your workers are deficient through these tests, and progress towards a happier, healthier & more productive workforce.



TESTIMONIALS

"We have engaged Kate Cook for five consecutive years to run a series of programmes on wellbeing and health, focusing on nutrition and the impact that has on energy and performance. As we have invested in this programme over a number of years we have been able to see the impact this has had on our people from small change to complete transformation in some individuals. This is something we intend to invest in for many years to come. Delivery and message is fresh and vibrant each time."

Joel Forarth,
Health and Safety Manager,
Skanska

"It was really nice to meet you at the nutrition workshop last week. It was the best workshop of that kind I've ever attended. You are very knowledgeable and I really liked your cutting edge attitude!"

Lendlease employee

For more information or to see how Kate can inspire you, **book a call here >>>**

Let's talk

About Kate

Kate Cook has been involved with some of the **top construction companies in the UK and globally**, developing programmes around how nutrition impacts both health and safety in the workplace and on site.

Kate was involved in a research project investigating construction worker's lifestyles and diets. She is a blogger for SHP, and Network Rail's HI VIZ magazine.

An on-going advocate of reforming the breaks workers get so that they can eat breakfast, Kate continues to make a difference to how **food is viewed as a strategic tool for better health, performance, and bottom line return for companies.**

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