



Kate Cook
The Business of Wellness

Wellbeing for your top resource

**Invest in your people as your best resource –
FREE DAY SESSION* with this leaflet**

Kate Cook (author, speaker and nutrition expert of 20+ years experience) brings a fresh approach to your corporate wellbeing strategy.

Looking after your people at this time has never been more important – Kate Cook provides creative, impactful and meaningful ways to inspire wellness within your company!

Kate's energetic and information packed sessions cover such topics as: **Better Sleep, Dynamic Concentration, Renewed Happiness, Increased Energy and Stable Mood** amongst many, many other wellbeing areas.

**Free session available when booking 2 full day sessions either online or in person.*

[Click here to book a FREE initial consultation](#)

To redeem your **FREE** day session please contact us on the details below and quote this code: **WHDAYOFFER22**

The **FREE** day session includes a topic session (delivered twice to accommodate diaries) **PLUS** 15 minute mini-consultations (individual wellbeing M.O.Ts).



www.katecook.biz



kate@katecook.biz



07990 804143



Kate Cook

The Business of Wellness

Kate has been a nutritionist for over 20 years, working with individuals and corporates to create happier and healthier workforces that boost performance. 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 International
- Portfolio of world-leading corporate clients
- Author of seven books

TESTIMONIALS

"Wow, these sessions were the best yet! How lucky are we to have someone like Kate come along to deliver sessions with such enthusiasm and knowledge. It's spurred me on to definitely make some changes this year around reducing toxins, cutting out sugar and wheat and getting out into nature. It all made so much sense in supporting overall wellbeing."

"Kate was brilliant, such great energy."

"We have had some positive feedback with delegates finding it an excellent session it was certainly full of energy - and timely as health and vitality will be an ongoing issue for our school leaders."

"You were simply brilliant, thanks so much."



www.katecook.biz



kate@katecook.biz



07990 804143