

THIS IS

Wellbeing at Work



NU DAY
Nutrition



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Why focus on Wellbeing at Work?



Build a *healthier* workforce

This could result in less sick days for your company

1 in 3 companies who introduce wellness initiatives report that they have lowered their sickness absence levels*

Empower your people

Build their knowledge around nutrition to give them confidence in their decisions around food

Improved morale and engagement was reported by nearly half (46%) of employees who had access to a wellness initiative through work*



Increase *energy & productivity*

Positively influence cognitive function, focus and productivity through a workforce making better nutritional choices

1 in 5 companies who introduced wellness initiatives report that it has positively improved productivity*



The challenges being faced right now

Nutrition is a key aspect of your employee's physical and mental health and wellbeing, especially during these challenging times.

While your teams may not be present in the office and dealing with the same challenges around nutrition (everything from vending machine temptation to birthday cakes, office-bought delights and long client lunches), have you considered all of the new challenges faced by your people around food and wellbeing?

That for many, they're having to make more conscious decisions around food than they may have done previously, relying on convenience or ease of availability.

That for some, the guilt or paranoia around taking breaks to eat could be negatively influencing their relationship with food.

That a lack of movement, stress & worry (about work and the impact of a global pandemic) and working with food in close proximity could be having a negative impact on their confidence in our choices and potentially be impacting our performance in their roles?

Having spent my entire working life in a stressful, often high-pressured office environment, I share an understanding for the challenges your people are facing, and I'm passionate about providing actionable, evidence-based advice to help people tackle these and put them back in control.



Help your people to find confidence with their nutrition

Tailor-made Workshops

Nu Day Nutrition has successfully run a number of informative and engaging nutrition and lifestyle workshops that deliver positive, motivational and actionable information and tips.

Information shared in workshops is not only evidence-based and ethically sound, but is designed to create discussion and be accessible to everyone in the room. Even virtual ones!

With years of experience of speaking to both big groups and small, addressing big global teams to avid gym goers both in-person and virtually, workshops can be easily tailored to focus on a broad spectrum of subjects or more niche scenarios. Areas of focus covered before have been:

- Nutrition Fundamentals 101
- Health, Habits, Hydration and Hunger in the workplace
- Food, Mood and Feeling Good
- Nutrition mindset and myth-busting

Workshops start from £250

1-2-1 Support

I can offer access to 1-2-1 consultations or Nutrition MOTs to your teams, either in follow-up to a workshop (which often works really well!) or as a standalone package.

This allows your people to get more personalised, specific advice and help, and helps take the fundamentals from the workshops and turn it into very specific individualised advice.

This can help individuals who may have specific goals around areas such as:

- Weight loss & weight maintenance
- Specific dietary needs
- Muscle gain
- Performance nutrition
- Nutrition for optimum health
- Ageing well

1-2-1 consultations start from £80 per employee

I am also very happy to offer a discounted corporate rate for 1-2-1 nutrition coaching. If this is something you would like to be able to offer as an employee benefit, please contact us for more information



What have people said?



"Really useful level of information covered, and interesting to learn about different food groups and their benefits. I feel so much better and I understand how to work my nutrition around a busy work and home life"



Attendee,
LEGO staff nutrition workshop

"Nu Day did a session with our people as part of Mental Health Week. They did a great job at looking at the link between mental health and food/nutrition, they gave our people real insights and practical information and tips on how to manage nutrition and health for the real world. It was a great success and the attendees were able to come away with information they could apply instantly"

FCB INFERNO

Emma Bibby,
FCB Inferno, HR Director



"It was great to have Nu Day be part of our Wellbeing Week at our Health & Wellbeing hub. We had great feedback from visitors about the information you shared and many came away saying they had learned something new that they could easily start implementing"

Lauren,
Chiswick Park Guest Experience Team

CHISWICK PARK
#ENJOY-WORK



Who Am I?

I come from a background of marketing and PR in busy, highly-pressurised corporate and agency environments.

I'm also someone who has struggled through parts of my life to prioritise my health and wellbeing.

I've been fortunate, prior to becoming a Certified Nutritionist, to work for companies like you... companies who cared about me and went out of their way to provide the right resources and support.

However there was never a focus on nutrition, and so I fought for a number of years with a confused approach and mindset around eating and this manifested itself in the workplace, where we (usually!) spend most of our days.

Food forms such key milestones of our day and means we're constantly making decisions (*Should I have breakfast? What should I have? Should I snack? What happens if I skip lunch?*)

So I wanted to be able to speak to groups on mass, as well as my 1-2-1 nutrition coaching, to help people overcome some of their confusion and concerns around nutrition, as well as empowering them to understand what really matters in a nutritional context for health, wellbeing, and being the best version of themselves, at work and at home!

I would love to talk to you about how I believe nutrition support could unlock confidence, productivity and a healthier, happier workforce.

Vic



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