

What is *Nourish to Flourish*?

We are delighted to bring to you a completely new course concept, combining the expertise of a nutritional therapist and a life coach to help make informed choices, develop healthy eating habits and make the most of opportunities.

Nourish to Flourish is a journey to good nutrition, reduced stress and improved overall wellbeing.

You will learn about the body's nutritional needs, how food is digested, how to balance food intake and how to make an informed choice about the food you eat. We also work on goal-setting, self-confidence, motivation and relaxation strategies which will help in every aspect of life, including eating choices.

Nourish to Flourish is not a weight-loss programme, although weight loss may occur as a beneficial side effect of improved eating habits and enhanced wellbeing.

Nourish to Flourish consists of two elements:

- Nutritional advice and information, delivered by Sam Downton, a qualified naturopathic nutritional therapist,
- Personal development skills, delivered by Marianna Beckwith, a qualified NLP practitioner and life coach.

Sessions consist of a 50/50 split between nutritional information, and personal development skills/wellbeing techniques. Information/work sheets and food samples are provided by us.



What *Nourish to Flourish* can do for you:

As an individual:-

- We invite you to a 4 week course in a group setting to learn about how food affects the body and why eating 'real' food is important as well as strategies for self motivation and goal setting.

In the workplace:-

- Workshops and wellbeing days to help improve the health, resilience and motivation of your employees.

In community/children's centres:-

- Weekly courses run over the length of 1 school term designed for anyone who you think would benefit positively from taking part. *References available*

"The tutors explain the information in a way that you remember and I have put that information into practice and it

has worked."

Nourish to Flourish wellbeing packages for teams of employees

According to the Office for National Statistics, a staggering 131 million days were lost through sickness in 2013. The top 3 reasons for time off sick were as follows:

musculoskeletal conditions, mainly back and neck pain (31 million days), minor illnesses (27 million days) and stress and depression (15 million days). Shocking, isn't it?

Wellbeing initiatives in the workplace are becoming more popular, as employers become more **concerned** and proactive about their responsibilities towards their workforce. We believe that wellbeing in the workplace needs to be a priority and that it's everyone's responsibility. How well do your staff look after themselves and each other? How do your sickness stats measure up? If the answer to both is a resounding "Brilliantly!" then consider

rewarding them with a wellbeing bonus: a *Nourish to Flourish* wellbeing package or workshop. If it's less positive, then think about one of our ***Nourish to Flourish* wellbeing packages or workshops as a step towards their healthier choices and positivity.**

do you...

- want to reduce levels of staff absenteeism?
- want to reduce the effects of stress-related illnesses for your staff?
- want to improve the health and resilience of your

workforce?

A resilient workforce is a happier, healthier workforce. Who wouldn't want that?

You decide how you would like the course to be run, for example:

- Weekly sessions over a set number of weeks
- One-off workshop (2hrs)
- Half day workshop (4hrs)
- Full day well-being package (6hrs)

Tell us what you want, and we'll tailor the course specifically for your group.

Well-being workshops **will feature** a **variety** of professional experts, chosen by you from our carefully selected list, who will deliver sessions to your employees, over your chosen time. The aim is to showcase strategies, provide ideas, offer time and space to think, or spark interest in a new, or almost-forgotten skill.

Each workshop is designed to help improve personal wellbeing and development, and individuals may feel encouraged to try strategies at home, or take the next step and join a group in their area, to help them feel good and have fun. We offer an entertaining, educational and varied

menu of activities that will have your staff buzzing with enthusiasm for improving their resilience.

Nourish to Flourish - course for **children's/community centres**

do you...

- want to positively promote the benefits of healthy eating to those using your centre?
- want to encourage parents to feel good about what they are feeding their children?
- want to improve the self esteem and motivation of those who use your centre?

Nourish to Flourish has a course which runs weekly for a full term with a week's break half way through (half term). The sessions last for 1½-2 hrs each week and are designed to educate participants in why it is important to make healthy food choices, and give them the tools they need to feel **confident** that they can deal with everything life throws at them.

On-going support is **offered** with an **additional *Nourish to Flourish*** Advance group (1 session per month) **available** for graduates of *Nourish to Flourish*.

"My eating habits have changed dramatically. The

knowledge I've now been taught is so valuable and I would definitely recommend the course to everyone."

Nourish to Flourish course for **individuals**

do you...

- want to eat healthily, but are baffled by conflicting information?
- want to help your family to choose sensible eating habits but not sure where to start?
- want to be able to motivate yourself to carry through your good intentions?
- want to change, but are not sure how?

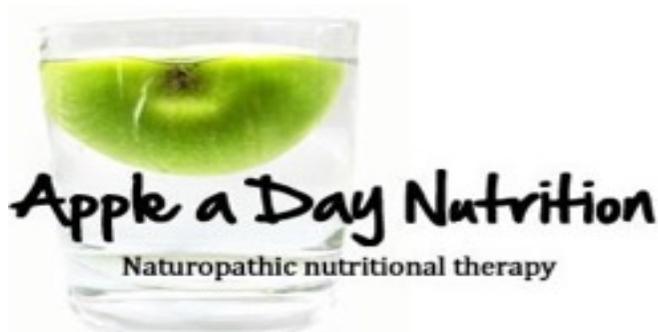
Nourish to Flourish is a tailor-made four week course (8 hours in total) to educate participants in how to make healthy sustainable food choices and motivate them to feel energetic, vibrant and fit for everything.

"I am more aware of what I'm eating and the effects it's having on my body."

Our lives are busy and demanding, so we often take short-cuts with food and ways of feeling good which can lead to bad habits that we then find hard to change. The course will provide you with help to break that cycle. Arming yourself with the facts is a great start. Planning a goal, along with clever approaches to reach that goal will help you get where you want to be. *Nourish to Flourish* will

give you those facts and help you with those approaches.

Contact us for details of the next available course. Two tutors for the price of one: what an investment!



Be bold, be strong, be resilient

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**Apple A Day
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Our wellbeing packages,

tailored to your needs