

# MOOD & FOOD WORKSHOPS

## COURSE OVERVIEW

2.5 hour workshop

£1,650 ex VAT

Maximum 25 delegates



As understanding of the link between what we eat and how we feel continues to grow, organisations are paying more than lip service to employee nutrition. But beyond maintaining fresh contents in the office fruit bowl, what should you be doing and how?

Mood & Food combines fun and informative interactive exercises and food tasting, delivered by business psychologist for 20 years, Laura Knill and senior marketing executive turned health coach, Caroline Lamont.

*Companies also receive resource packs for our Hi Table initiative, designed to demonstrate the business and wellbeing benefits of taking a lunch break.*

### MOOD:

- How showing your emotions is good for business
- Making the most of your energy – no matter how challenging the workload
- Tuning in to your natural workday rhythms
- Boosting your mood and avoiding toxic environments
- The 5 secrets of happiness

### FOOD:

- Understanding what good nutrition looks and *tastes* like
- What to eat - forget the fads and bust the myths
- How *what* and *how* we eat impacts our brain
- Why desks are bad for nutrition & digestion
- Deciding what works for you - 3 things you can change starting now, plus...
- Reinventing biscuits and cakes - keeping food fun for office birthdays etc
- What two universal truths anyone can apply to their diet to sustain their mental wellbeing.

### Plus...

- Taking lunch to the next level - introducing Hi Table

## WORKSHOP LEADERS



Senior marketing executive turned health coach, Caroline Lamont, demonstrates how healthy eating can be easy and fun, while sharing from her personal story and the role nutrition played in her own health.



A business psychologist for 20 years, Laura Knill has a fascination for how we use both thinking and emotion in the workplace. Her areas of expertise include resilience and optimism and Emotional Intelligence.