

AN OVERVIEW OF

EMPLOYEE WELLBEING INITIATIVES

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Let me help you create a healthier, more productive and engaged workforce.

Hi, my name is Eva Humphries, a BANT registered nutritionist with a realistic, science-backed take on wellbeing. I chose nutrition because I love food, yes, ironic I know, and I felt there is a better way to communicate the healthy eating message than through restrictive diets or banning "bad" foods.

REALISTIC RELATABLE & ENGAGING

Having qualified as a BANT registered nutritionist over 5 years ago, I know a thing or two about nutrition, but it's my background in information technology that allows me to retain a realistic approach to wellbeing.

I know what it is like to work in an office, to spend days on the road attending meetings and how to juggle working from home.



In a nutshell, I understand the hurdles faced by your employees because not too long ago I was one of them, but more crucially, I know how to engage them in a way that is both realistic and relatable.

These days, I run successful wellbeing programmes, offer client consultations and host talks on various topics. During the summer months, you may catch me on stage at food and drink festivals, hosting nutritious cookery demonstrations. I also write the odd recipe, magazine article and speak at conferences, all in the name of telling the world that nutrition is actually just about adding in more nutrients, not about going on a diet.

IN THIS DOCUMENT

In this document, you'll find an overview of existing wellbeing initiatives that may assist with encouraging your employees to be that little bit healthier and happier.

It also outlines approaches to bespoke wellness scheme design, makes reference to additional initiatives and discusses rollout and engagement strategies.

In includes:

- nutrition-focused masterclasses and workshops
- wellbeing programme design
- quarterly/ bi-monthly/ monthly programmes
- 4-week wellbeing challenges
- cook alongs
- incentive retreats
- promotional tools

NUTRITION- FOCUSED WELLBEING MASTERCLASSES

Prices from £350

Stand-alone nutrition-focused wellbeing masterclasses are a great way to introduce employees to a particular topic and/or to make them aware of actions they can take to improve their wellbeing.

They are ideal:

- if your company is just starting to introduce wellbeing initiatives
- to cover a specific topic as part of an existing wellness scheme

EXPERT-LED & IMPACTFUL

All nutrition masterclasses take a realistic and relaxed approach, with a focus on the addition of nutritious foods.

Good nutrition isn't about denial so the talks look at what we can do that makes a difference rather than lecture on what is "bad".

The sessions are interactive, draw on both scientific and real-life examples and aim to provide some (light) entertainment.



The masterclasses can be delivered remotely via Zoom/ MS Teams or in person within the United Kingdom.

Topics include:

- **Good Mood Food** - nutrition for better mood with a focus on mental health and stress resilience
- **Fad-Free Nutrition** - an entertaining look at the basics of good nutrition
- **Impactful Nutrition for Winter Wellbeing** - a realistic overview of foods for the immune system
- **Nutrition for Better Sleep**
- **Bespoke** - a topic of your choice

Further information on each is available on the next page.

NUTRITION- FOCUSED WELLBEING MASTERCLASSES

The Topics

Good Mood Food

Did you know dehydration is associated with low mood and lack of Vitamin D is one of the main causes of depression?

Our mood is heavily influenced by a set number of nutrients, the lack of which changes how we feel in ourselves.

This relaxed masterclass breaks down the essentials of harnessing food for a better mood, how to build mental resilience through nutrition and strategies for coping with and recovering from stress.

Winter Wellbeing

8 out of 10 employees are worried about their wellbeing going into the winter months.

This 60-minute interactive masterclass focuses on foods that support the immune system, giving individuals realistic tips that may improve their winter wellbeing.

Instead of a presentation, this workshop takes the style of a relaxed chat with examples of immune-system supporting foods that really make a difference.

Fad-Free Nutrition

A 60-minute masterclass designed to educate and empower employees through realistic nutrition advice.

Think less "don't eat that" and more "this is what to add in to feel great".

Backed by the latest scientific evidence, diet myths are busted and attendees are enlightened with practical ways to change their eating habits for the better.

The session is lighthearted, focusing on the addition of nutritious foods.

Nutrition for Sleep

Our concentration, productivity and stress-resilience are heavily impacted by the quality of sleep.

Sadly most of us struggle to achieve the required amount of rest.

This impactful masterclass introduces nutritional and lifestyle strategies for achieving deeper, more refreshing sleep.

It includes realistic tips that are achievable and also puts forward new concepts for dealing with less sleep.

NUTRITION- FOCUSED WELLBEING MASTERCLASSES

Additional Topics

Additional ideas of topics are listed below.

This isn't a definitive list so do get in touch if a particular subject is of interest. Most of the time, it can either be covered or an alternative, but suitably qualified, professional suggested. Like other masterclasses, the below are all approached in a realistic and relatable manner.

- ADHD Awareness
- Alcohol and Recovery
- All Eyes - Nutrition for Eye Health
- Bones, Joints and Osteoporosis Awareness
- Boundless Energy - Nutrition for Combating Fatigue and Improving Energy
- Cancer Awareness and Nutrition in Improving Recovery
- Combating Cholesterol - Nutrition for Cardiovascular Wellbeing
- Diabetes Awareness and Blood Sugar Balance
- Eating for the Planet - Sustainable Approaches to Healthy Eating
- Essential Nutrition for Female Health
- Essential Nutrition for Male Health
- Exploring your "Second Brain" - A Closer Look at Gut Health in Overall Wellbeing
- Healthy Kids Happy Parents - Nutrition for Children and Families
- Let's Talk About the Menopause
- Nutrition in Healthy Ageing
- Nutrition for Fitness
- Skin Deep - Awareness and Nutritional Approaches for Skin Conditions
- Sustainable Nutrition Principles for Long-term Wellbeing and Weight-loss
- Stress and Resilience - Nutrition for Building Greater Mental Resilience and Recovering from Stress
- The Air We Breathe - A Closer Look at Lung Health
- The Pain in Your Head - Nutritional Strategies for Headaches & Migraines
- Thinking Clearly - Essential Nutrition for Brain Health and Concentration
- World Food Day - A Closer Look at Food Biodiversity

NUTRITION- FOCUSED WORKSHOPS

Prices from £95

Nutrition workshops are a practical way to amplify your company's wellbeing offering.

They can enhance a masterclass or be used as a stand-alone workshop to convey a particular message in an interactive manner.

They can be:

- added onto a masterclass to reinforce learning points in a fun way
- be purchased as a stand-alone workshop focusing on a particular topic

REALISTIC & FUN

Nutrition-focused workshops introduce a fun, practical element that offers a memorable experience to reinforce learning points.

Like the masterclasses, they are delivered in a realistic, easy-going manner, with the focus being on adding in specific nutrients that promote overall wellbeing rather than highlighting "bad" foods.



The workshops are designed to be interactive and can either entail a demonstration without audience participation or a follow-along style session where individuals follow instructions to create their own smoothie, healthy snack or similar.

Workshops may include:

- a smoothie masterclass
- avocado chocolate mousse making
- creating energy bites
- the art of a healthy lunch

Alternatively, a custom workshop can be organised based on a particular topic or to offer education in a specific area.

NUTRITION- FOCUSED WORKSHOPS

A few ideas

Smoothie masterclass

Smoothies are a super speedy and portable breakfast choice but getting them right so they actually sustain you can be tricky.

This smoothie making masterclass introduces some simple tricks to ensure your smoothie is nourishing, delicious and actually filling.

As an add on to support the Fad-Free Nutrition or Winter Wellbeing masterclasses: **15 minutes**
Standalone: **30-40 minutes**

Energy Bites

Is the afternoon slump getting to you? Energy bites to the rescue.

These delicious bites of awesomeness are full of energy-supporting ingredients that serve as the ideal pick me up.

Learn how to create them from store cupboard ingredients for everyday healthy snacking.

As an add on to any masterclass:
15 minutes
Standalone: **30 minutes**

Avo chocolate mousse

Fruits and vegetables contain a whole heap of wellbeing supporting vitamins and minerals.

The more you can include, the better it is.

This avo chocolate mousse making workshops turns avocados and a few other brain-supporting ingredients into a delicious dessert.

As an add on to the Good Mood Food Masterclass: **15 minutes**
Standalone: **30 minutes**

Healthy Lunch

Healthy meals are a lot easier to create than you may think.

Through a few simple tricks, you can create lunches that are both nourishing and super tasty.

This healthy lunch making workshop demonstrates how to create a delicious wrap that ticks a lot of nutrition boxes.

As an add on to any masterclass:
15 minutes
Standalone: **30 minutes**

NUTRITION- FOCUSED WELLBEING PROGRAMMES

From £395 per month

Continuous programmes make a much greater difference to employee wellbeing than one-off interventions. Let me help you design a calendar of nutrition-led wellbeing events that motivate and inspire your employees whilst delivering tangible benefits for your company.

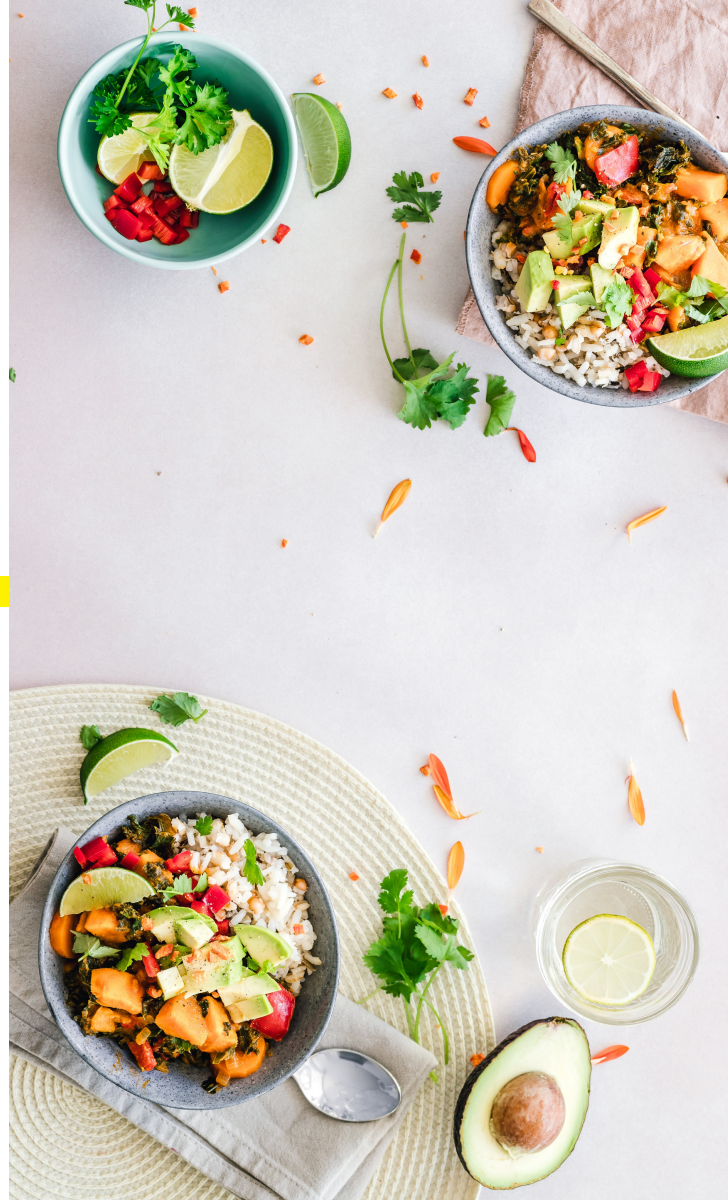
Programmes can run on as:

- monthly
- bimonthly
- quarterly

EXPERT-LED & INSPIRING

Wellbeing programmes take into account the exact challenges faced by your employees to offer regular, topical nutrition-led masterclasses and workshops.

Whether you are a company of young office-based employees working 9-5, a factory of shift workers or a mixture of several modalities, a carefully designed wellbeing programme can accommodate the needs of your workforce and inspire lasting positive change.



A nutrition-focused wellbeing programme offers a cost-effective, custom-built solution for improving employee wellbeing. It includes:

- an anonymous employee survey to identify the wellbeing needs of your workforce
- a proposed calendar of regular masterclasses/ workshops
- communications support for optimising attendance
- a post programme assessment to assist with demonstrating ROI

Wellbeing programmes may also be run as a company-wide nutrition-focused challenge or to support a particular initiative.

THE 4-WEEK WELLBEING CHALLENGE

From £1295

The 4-week wellbeing challenge is designed to provide a continuous, uplifting programme focused on a specific positive outcome.

It's a great way to engage and motivate employees whilst providing them with a specific schedule of expert-led masterclasses and cook alongs.

The wellbeing challenge can focus on:

- improving wellbeing
- sustainability and reducing waste
- weight loss

REWARDING & UPLIFTING

The 4-week wellbeing challenge runs as a relaxed 30-minute masterclass a week plus a 45-minute cook along. Each week, a different topic is introduced, allowing attendees to gain new, bite-sized chunks of knowledge. This is then solidified via a corresponding cook along later that week. The challenges can run without a cook along too if required.

Please get in touch to discuss your exact requirements.

Here is an overview of each challenge:



The Nutrition Reset

Focused on improving overall wellbeing, this 4-week programme looks at the fundamentals of feel-good nutrition. Employees are given a new challenge each week such as adding in 10 portions of veg a day, getting outdoors and other similar impactful but easy to implement action points.

The same challenge can also take a weight loss focus if required.

The Sustainability Challenge

Reducing food waste and eating sustainably can be difficult and confusing. This 4-week challenge breaks down the main principles and encourages participants to future-proof their eating habits.

NUTRITION- LED COOK ALONGS

From £55 per person

Perhaps the biggest barrier to healthy eating is knowing what to cook. Cook alongs solve this problem by offering a practical yet fun approach to nutrition.

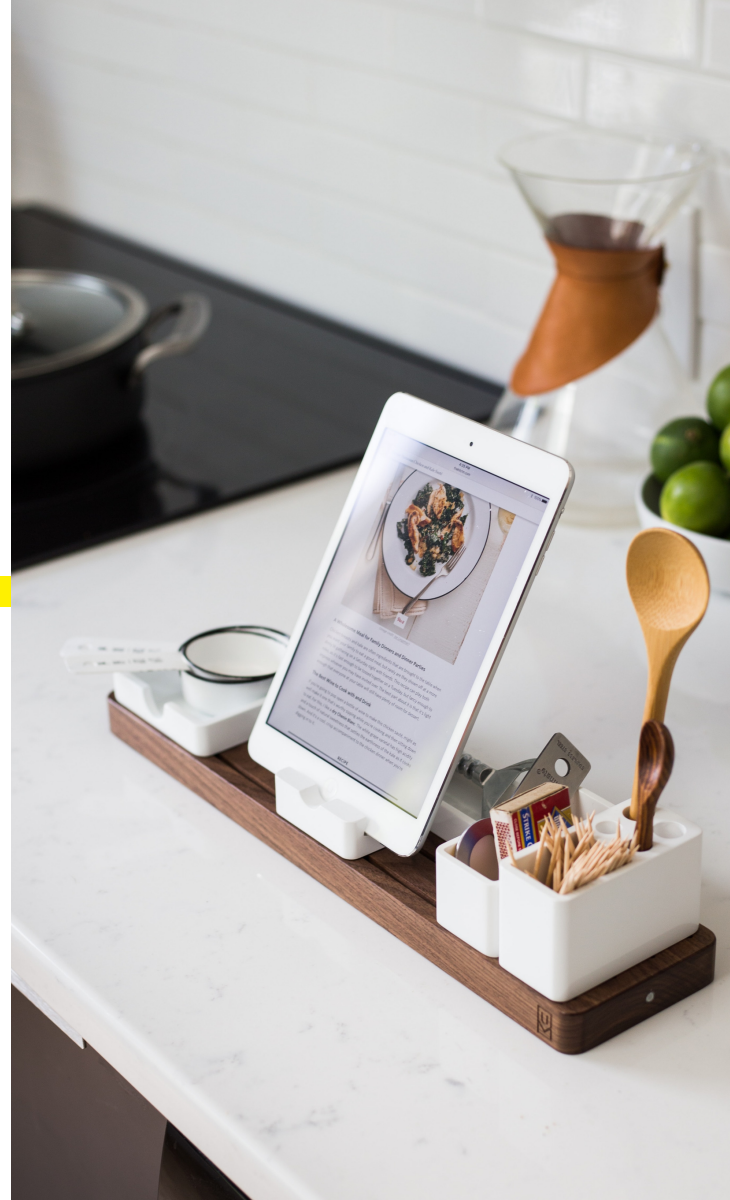
Delivered via Zoom or MS Teams, they are great for:

- remote workers
- smaller teams/ departments
- as incentives
- as a wellbeing benefit that may extend to families of employees

ENGAGING & FUN

Cook alongs can be booked as stand-alone classes or as part of a wider wellbeing programme to focus on a particular aspect of health.

Through a fun-filled hour of cooking, they aim to introduce attendees to new recipes and new nourishing foods whilst taking a relaxed look at what actually matters when it comes to good nutrition. The classes are suitable for all cooking abilities and can be adjusted to cater for most dietary preferences and/or restrictions.



Healthy eating isn't just about salad. As a nutritionist that loves food, I'm passionate about creating fuss-free recipes that are both full of flavour and do your health a favour.

Move over "diet food" and say hello to the kind of meals that your employees will embrace and benefit from for years to come.

The cook alongs aren't just an instructional hour. I regularly appear on the cookery demo stage of prestigious food & drink festivals, alongside celebrity chefs, which means I understand how to entertain, inspire respect from and get the best out of a crowd.

Cook alongs are fun, engaging sessions that make for a fantastic wellbeing benefit or incentive.

WELLNESS RETREATS AS AN INCENTIVE

From £550 per person

Designed to engage, reward and motivate, wellness retreats are the ultimate employee wellbeing incentive. Customised to your requirements, retreats offer a relaxed programme of nutrition workshops, yoga classes and nutritious food in luxury surroundings.

They are great:

- as incentives
- as management away days
- for team building
- for smaller teams

REWARDING & LUXURIOUS

Recharge and reward top-performing employees with the ultimate luxury wellbeing experience.

Nutritionist-cooked meals, relaxing yoga classes, carefully curated activities, fresh air and location-specific adventures in high-end properties.

Programming is fully flexible with adjustments made according to the needs of your employees or to work around meetings led by your company. Get in touch to discuss your exact requirements.



Here is the nitty-gritty:

Retreats can be arranged to take place during the week or at weekends as 2 day/ 1 night or 3 day/ 2 night events.

They can accommodate groups of up to 20 individuals in shared rooms or smaller groups in individual rooms.

Current locations include:

- The Peak District, Derbyshire
- Warwickshire
- Ibiza
- Sweden

A full programme of activities may be arranged based on the exact requirement of your group, including yoga, meditation guided walks, foraging trips, nutrition/ cooking workshops and other location-specific adventures.

PROGRAMME TOOLS & COMMS ASSISTANCE

Great attendance and engagement are critical for the success of wellbeing programmes.

Having run several popular wellbeing schemes, I understand that preparation and communication are key.

Whether you have a full team to handle this area or lack that resource, there are a number of programme tools and communications assets available to help you.

These may include, but aren't limited to:

- introductory email templates
- reminder email templates
- introductory videos
- guest blog posts to build interest around a particular topic
- content & content templates aligned with certain areas of focus
- workshop notes
- post-workshop resources
- digital, anonymous, feedback forms
- feedback reports

Used independently or in combination, these tools may assist in establishing greater buy-in from employees and help to amplify the success of wellbeing programmes.



Organisational health assessment

An organisational health assessment is a great tool to assess the health of employees and your organisation as a whole.

Based on an anonymous questionnaire, it assesses:

- current & future health risks
- organisational health culture
- wellness interests

This tool may be used as a standalone assessment or lead the development of a targeted wellbeing programme.

Post-programme assessments and reports are also available.

Please get in touch to discuss your exact requirements.

"Just a quick email to say thanks for earlier – that was a terrific session, well attended and we've had loads of positive feedback.
Your content and approach is excellent, I'm keen for us to keep in touch and continue working together"

- The Rail Delivery Group

"I'm still receiving emails from employees stating how much they enjoyed your workshop.
It is refreshing to hear from a nutritionist that isn't focused on what to cut out. The information you have provided is incredibly useful and will help our employees for years to come."

- E.O.N

"We need to be looking after ourselves more than ever.

Today our team had a great presentation from Eva Humphries who told us all about how to eat to improve energy, sleep, immunity and general well being. The top tip - eat your vegetables.
Thanks Eva!"

- Shakespeare Martineau

"Eva was a real asset to our Health & Wellbeing event, she provided a great insight to our staff who found her talk very informative!"

- Ocado

"We were unsure about the level of engagement that could be achieved thanks to our team of sceptics but Eva successfully convinced everyone that "healthy" is easy.
People even laughed during her presentation."

- Midlands4Cities

"What a wonderful workshop. Enthusiastic, not preachy which was great, and some really good suggestions that actually sound easy to implement"

- Wave Utilities

GET IN TOUCH

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