



**HEALTHY MINDS**  
in your workplace

# Peter Christison & Associates Health Consultancy and Training

*Established since 1995*  
*In Workplace Health & Mental Health*



## Healthy Minds Fact sheet

### Enhancing Wellbeing with Nutrition

(Other courses, or those that can be mixed with this one, well being and stress management for employees, & course for Managers/HR/Directors)

#### Purpose of the course:

A healthy workforce is a productive workforce. In these courses we explore the relationship between physical and emotional health and nutrition. Delegates will learn practical strategies for maintaining and improving health. Suitable for employees or managers at all levels.

**Duration of course** is of 0.5 or 1 day in duration. It can be combined with our general well being course; fact sheet available on request.

**Group size:** a maximum number of 14 delegates per session.

**Fees: In house:** 0.5 day £350 or 1 day £495 per group or **Open course:** 0.5 day in the region of £45.00 per delegate, or 1 day in the region of £65.00 (London venue: £140.00).

#### Aim

- ✚ To gain the skills and knowledge to positively influence wellbeing through diet and nutrition.

#### Objectives

- ✚ Maximising Energy in the Workplace -the importance of balancing your sugar, the right type of carbohydrates, coffee, tea and other stimulants
- ✚ Why your Get Up and Go has gone - how to avoid the mid-afternoon slump, energy-boosting foods and nutrients
- ✚ The Mood and Nutrition Connection and the Chemistry of Emotion - mood boosting foods, fats and mood, controlling panic attacks with Nutrition, the Food Intolerance Connection
- ✚ Increase Productivity on the Workplace by Boosting Brain power with simple Dietary changes - intelligent nutrients, healthy fats, toxic metals and brain function reduce ,
- ✚ how to age related memory decline, the importance of water, improve attention span by balancing your sugar levels

Continued overleaf

- ✚ Back and Joint problems – their impact on mood and motivation, and how to prevent and treat them - the importance of proper hydration, posture & breathing exercises, muscle relaxing minerals, nutrients for Joint health
- ✚ The Importance of Sleep in workplace productivity - nutrients to promote sleep, can some foods prevent me sleeping?, the impact of shift working on mental and physical wellbeing, strategies to improve sleep
- ✚ Coping With Stress – how nutrition can help - adrenal burnout & how to recognise it, stress-busting nutrients, strategies for controlling your blood sugar, controlling cravings
- ✚ The importance of Hydration on mood and health - are we all dehydrated?, what shall I drink?, why tea, coffee and other stimulants destroy your concentration, hydration for brain power

### **Biography:**

**Cathy Robinson Bsc** is a qualified trainer and practising Nutritional Therapist.

She holds a certificate in training practice and is a member of the CIPD, Chartered Institute of Personnel and Development. She has several years' experience in developing and delivering training programmes on interpersonal and job-specific skills for the UK Border Agency.

**We provide a full range of over 30 bespoke and off the shelf training courses or workshops, and consultancy in:**

- ✚ Workplace health
- ✚ Mental health and behaviour
- ✚ Health and safety
- ✚ Management
- ✚ Psychological therapies

Our 'Training & consultancy services' list is downloadable of our website, or on request.  
**For further information contact Peter Christison in confidence**

**32 Timberlands Storrington W. Sussex RH20 3NF.**

**[www.healthymindsinyourworkplace.com](http://www.healthymindsinyourworkplace.com)**

**Tel: 01903 742434 or mobile 0778 78 66339**

**Peter Christison Roger Butterworth Keith Allen CMIOSH, FRSPH,  
 Cathy Robinson Bsc, Dip Nut Med Debby Klein Norma Christison Msc  
 Justine de Vandeweg EFT and creative art therapist**