

Mission Nutrition

Dietitians & Nutritionists

WORKPLACE WELLNESS

Finding ways to help your staff eat well, sleep well, keep active and manage stress will ensure that they are able to perform at their best for you.



HOW WE CAN HELP YOU

When people are healthy, feel well and have lots of energy they are more productive, have less sick days and are more engaged at work.

At Mission Nutrition, we understand that just KNOWING what you 'should be' doing isn't enough to encourage people to move towards healthier ways of living. Practical tools and skills are required to make those changes happen, and to make changes last.

Our expert team of Dietitians and Nutritionists take a holistic approach to wellbeing and offer a range of service to inspire, motivate and up skill your staff so they can make positive changes to the way they live that last.

Claire Turnbull – Director Mission Nutrition

"Thank you for a motivating, inspiring and entertaining presentation! You have a fantastic way of delivering information, making it fun and easy to understand. Can't wait to have you back"

Fletcher Construction

"Mission Nutrition has delivered a number of nutrition seminars to our partners and staff at Simpson Grierson. The delivery was outstanding with just the right combination of education and audience participation. Lawyers can be a tough crowd but the presenter was confident, humorous and knows her topic thoroughly – feedback from attendees was always 100% positive. Mission Nutrition was a pleasure to deal with in the lead up to each seminar. They were helpful in providing advice as to appropriate topics and were always well organised on the day, making my job a lot easier."

Simpson Grierson

WHAT MISSION NUTRITION OFFERS

- ✓ Inspiring workshops and seminars
- ✓ Food demonstrations
- ✓ 10 week EAT wise and energise programme
- ✓ Key note speakers for conferences and events
- ✓ Nutrition/health consultations onsite
- ✓ Supermarket tours
- ✓ Workplace 'makeovers' including menu/food supply reviews

Mission Nutrition also works closely with exercise advisors, sleep specialists, psychologists and coaches who would also be able to assist you with your health and wellness program.

SOME OF THE COMPANIES WE WORK WITH



WORKSHOPS & SEMINARS

Mission Nutrition offers entertaining, interactive seminars and workshops to educate your staff to help them perform at their best. We can help you decide which sessions will be right for your workplace – just talk to Nicole about it.

- ✓ We can cater specifically to the needs and interests of your organisation and our seminars are ideal for groups of any size
- ✓ Most of our sessions are typically an hour, but we can adapt them to be shorter or longer as needed
- ✓ We are happy to run sessions in the morning, any time during the day or in the evening
- ✓ Handouts with top tips and healthy ideas are available for each session
- ✓ Everyone who attends the session will get a free back copy of the Healthy Food Guide magazine
- ✓ We can offer you a flyer to help you promote the seminar/workshop
- ✓ You can also choose to include a food demonstration as part of the session
- ✓ We can run one off sessions or do a range for you through the year – discounted rates apply when multiple sessions are booked

OUR SIGNATURE WORKSHOPS AND SEMINARS



1

NUTRITION KNOW HOW – Fuel your fire and feel fantastic

This is a practical interactive workshop which will help you work out exactly what you need to eat to boost your nutrition and feel your best! As well as looking at the role of food for our bodies, it covers quick and easy ways to eat more REAL food without it taking lots of time, how to make sure you are eating for the RIGHT reasons (not just because the clock says 'lunch time' or because you are tired) and help you to create healthy food habits which make it easy to eat well even when your life is busy! Plus...it will help you drink smarter and learn about the REAL effects of caffeine and alcohol on your body.



2

THE ENERGY INJECTION – Eat well, sleep well & boost your brain power!

Want to get more out of every day, concentrate better and be more productive? If you struggle with low energy, feeling tired and craving sugar and caffeine (especially around that 3pm time) then this is for you! We will give you simple solutions to improving quality sleep, teach you how much sugar you are REALLY having & look at whether nutritional deficiencies could be part of the problem. Also, could the caffeine and sugar be actually sapping you of energy rather than helping? This fascinating presentation is incredibly popular and will help you and your staff eat better, sleep better and wake up FULL of beans every day.

We also do a WINTER edition of this workshop which looks specifically at boosting immunity and keeping well over the winter months.



3

BUILD YOURSELF A HEALTHIER LIFE

If you have staff who work long hours or shifts either in factories, driving trucks, working on construction sites or in other manual labouring jobs then this workshop is for your workplace! In some industries pies, chips and fizzy drinks are the staple foods of choice at smoko breaks and lunch stops which can be a total nightmare when it comes to the health and safety of your staff.

This practical down to earth session will help your team work out what to eat and when – be it food from home or food that is bought out and about. We will also show your team how easy it can be to plan healthy meals and snacks whilst also considering the cost of the food. This seminar will help you to build a healthier happier more productive team.

OUR SIGNATURE WORKSHOPS AND SEMINARS



4

FIT AND HEALTHY IN 10 EASY STEPS

This is the perfect workshop to boost motivation so you can eat better, look better and feel healthier. Is it necessary to calorie count, or is that old news? Which exercises are best to get lean and lose fat? Can the taste buds be retrained?

This interactive, entertaining session provides an easy, ten step plan to help you get in great shape and feel really good again! We will teach you simple strategies to make over your food environment so it becomes really easy to eat well without having to think about it. We cover what to eat, when to eat, portion sizes, emotional eating, exercise and much more... so 'healthy' will be your new normal.



5

NUTRITION UNCOVERED – 10 things you NEED to know

This is a fantastic, action-packed, myth-busting seminar which can't be missed! It's hard to know the facts these days with all the information out there flying around causing confusion. We look at all the hot topics! Whether you should quit sugar, eat paleo, go gluten or dairy free or cut back on carbs? Should you lift weights or not, take a sports drink to the gym or have a protein shake? How much water do you actually need to drink? Is caffeine ok? Are supplements necessary?

The best part is, we can tailor 10 questions to the needs of your staff too, based on what they really want to know so we can cover anything you need!



6

SHOP AND EAT SMARTER – Make food shopping and eating well easier!

The supermarket can be a daunting, tedious and expensive place! You have SO many options and it can be hard to know which is the right one to choose for you and your family that doesn't break the bank.

This workshop is like a mini supermarket tour done onsite at your workplace. We will let you in on the marketing traps to watch out for and teach you practical ways to eat well and save money!

It is a super interactive session which includes looking at food labels, discussions about eating well and cooking great meals, how to save money when you shop and much more...



7

DESKTOP DINING – How to master eating well at work

Stuck for healthy ideas for lunch and snacks at work that will fuel your body but don't take forever to prepare or cost a fortune? Have breakfast at work and need some new ideas? This practical engaging seminar will get everyone motivated and inspired with new healthy ideas to eat at work especially when you are really busy. We can even include a food demonstration where we make a healthy lunch for everyone to see how easy it can be to put something healthy and delicious together. It doesn't have to be difficult to make good choices to feel fantastic and we will show you how!

OUR SIGNATURE WORKSHOPS AND SEMINARS

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MEN'S HEALTH

Guys, it is time to get in tip top shape, learn how to look and feel good and make sure that you have energy to last you through the day so you can stay awake at work, and no longer want to fall asleep on the couch as soon as you get home! This seminar covers everything that Kiwi men need to know to help reduce their risk of health issues such as prostate cancer, heart disease, depression and fatigue. There are also great tips on portion sizes, man snacks, making better choices when it comes to drinking and eating on the run, and beer... let's talk MAN FOOD!

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EATING WELL IN A BUSY WORLD – Smart solutions for living well

This fantastic seminar provides tools and skills you need to manage a busy, full on life so you can be productive, feel good and keep healthy! It looks at the power of planning, how to make quick and easy meals when you are short on time as well as eating well on the run. It also looks at stress busting solutions for busy days and tricks to boost your health and happiness that don't cost anything! PLUS – learn how to reprogramme the unhealthy habits which sap your energy.

10



RESTART & KICKSTART – Get your health and wellbeing on track

This is the perfect workshop to help your team make a fresh start when it comes to their health and wellbeing! We work together in this workshop to help everyone create their own vision and health plan for the months ahead with the aim of reprogramming unhealthy habits, getting on track by eating well, sleeping well and keeping active. It also looks at the traps in your environment which make you overeat without you even realising it and let you in on the five must know tricks to boost your nutrition and energy for the healthier, happier you. By the end of this session you will be armed with the power of planning, be inspired and motivated and have the tools you need to make healthy changes ACTUALLY happen in your life and stick!

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WOMEN'S HEALTH

This seminar is basically a women's survival guide! It looks at what you need to focus on specifically as a female when it comes to your nutrition and how to optimise what you eat so you age well, boost your metabolism and keep excess fat at bay or get rid of it if needed!

We also look at how to balance your hormones which just play havoc with us sometimes, plus – this workshop covers practical ways to manage stress, create a healthy relationship with food, overcoming emotional eating and much more!

OUR SIGNATURE WORKSHOPS AND SEMINARS

12



BACK TO BALANCE

In this fascinating workshop, we will look at the impact of stress on our precious bodies and practical ways to deal with it. It covers the role of nutrition and hydration as well as sugar and caffeine addiction — both common vicious cycles! We also address easy ways to reduce feelings of overwhelm, the importance of breathing properly to reduce the body's stress response and give you some tips to help you sleep better to get the most out of your day and, overall, get your life back in balance.

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EAT WELL FOR EXERCISE

What is the best thing to eat before exercise? Do you need protein shakes to put on muscle? How can you burn fat as quickly as possible? Are sports drinks worth using? This seminar is a must — whether you are a weekend walker, a daily gym-goer or hard-core athlete. You will have all your questions answered so you can get the most from your exercise and achieve the results you want and deserve!

ADDITIONAL SERVICES WE OFFER

ON SITE NUTRITION AND WELLBEING CONSULTATIONS: 1:1 support for staff

Mission Nutrition can come to you!

- Workshops are a fantastic way to get information and ideas across to a group but they can also be really helpful to combine with some individualised advice to help your staff to enable them to apply what they learn to their own lives based on their specific needs and circumstances.
- One of our amazing Dietitians/Nutritionists can spend time individually with members of your team either before or after a workshop or they can be done without having run a workshop at all.
- We will work with each member of your team to assess their overall health and wellbeing and help them to make nutrition, health and training goals. We will then identify nutritional deficiencies, analyse portions as well as assess their eating habits and lifestyle priorities. From here we will provide practical advice to help them reach their goals and improve their health and wellbeing.
- These sessions can either be 25 or 50 minutes.

10-WEEK EAT WISE AND ENERGISE PROGRAMME

Our 'Eat Wise & Energise' on site programme is a comprehensive 10-week series of workshops that will help your team wake up full of energy, feeling healthy and able to perform at their best! It looks at all aspects of your team's health and wellbeing from what they eat, how they move, what they think, how they manage stress to how they relax and unwind.

- This programme guarantees to improve your team's energy levels, concentration, productivity and performance by building healthy lasting habits. Everyone will finish the programme with the tools, skills and resources they need to feel confident, positive and motivated to take charge of their health and wellbeing.
- For more information, please call or email us.

WELLNESS EXPOS

If you are running a health and wellbeing Expo, you need us there! We can do all sorts of fun, interactive and educational things to help your staff learn more about eating well and inspire them to take better care of themselves.

- We have fat/sugar demos, healthy lunch box examples, build a breakfast sundae challenge, guess the protein challenge, smoothie making (including access to a smoothie bike), healthy takeaway comparison, mini 1:1's, body fat scales, healthy snack swaps and food samples such as raw food balls and mini frittatas.

INTERACTIVE SUPERMARKET TOURS Help your staff, help themselves

- Mission Nutrition offers hands-on supermarket tours to help you and your staff identify healthy options, learn how to read labels, build healthy meals and avoid the traps!

WORKPLACE MAKEOVER Make your café/ lunch options healthier

- We can assess your team's 'health habits' and suggest how you could make a healthier work environment
- Makeover your lunch/cafe menu
- Work with your catering department to offer healthy snack options for meetings, healthy lunch ideas for functions and stocking the fridges and cupboards with healthy and tasty alternatives to chips!

FOR MORE
INFORMATION
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