



WORKPLACE WELLNESS



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

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

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

We look forward to working with you!

Claire Turnbull

Make a difference to the wellbeing of *your* team with us - our approach is down to earth, practical, and realistic.

WHAT WE OFFER

- ✓ **Inspiring workshops held onsite or online**
Entertain and educate your team with an interactive Mission Nutrition workshop based on up-to-date, evidence based advice.
- ✓ **Key note speakers for conferences and events**
Provide a memorable and informative experience for your audience with a bespoke presentation at your next event or conference.
- ✓ **One-on-one nutrition and wellbeing consultations**
Help your staff achieve their individual health goals with personalised nutrition, fitness and lifestyle consults provided by our experienced team of nutritionists and dietitians.



SIGNATURE WORKSHOPS

- ✓ We can tailor content specifically to the needs of your organisation
- ✓ Workshops can take place onsite at your workplace, or online
- ✓ Sessions are 1 hour - 45 minutes of content, followed by 15 minutes Q&A

- ✓ You can run a one-off workshop or do a range for you through the year
- ✓ We can provide a flyer to help you promote the workshop to your staff
- ✓ PDFs with top tips and healthy ideas are available for each session

Goody bag worth over \$75 to give away at onsite workshops! Includes: wellbeing planner, Healthy Food Guide recipe books, a re-useable bag + more!



HEALTHY FROM THE INSIDE OUT

Optimise your immune system, support your gut health, boost your mood!

In this day and age, we cannot underestimate the importance of having a robust immune system. This workshop presents the most recent evidence covering:

- learning what the immune system is and what to eat to support immunity
- understanding key nutrients, vitamins and minerals
- how to support gut health for healthy immune function
- practical lifestyle changes including how to reduce stress and sleep better

Build a strong, resilient, energised workforce with the help of this inspiring workshop!



KICKSTART

Refocus, recharge, and boost your motivation!

Around 40% of our actions every day are habits! This fantastic workshop explores:

- understanding habits and making them work for you
- how to break unhelpful habits and build new healthy habits
- 5 key habits for improved health and wellbeing and how to make them happen!

We cover sleep, what to eat, when to eat, movement, hydration and more!

By the end of this session your team will feel inspired and motivated as well as have the tools they need to make healthy changes ACTUALLY happen and stick in their life!



THE ENERGY INJECTION

Smart solutions to fight fatigue, eat well, and balance life in our busy world!

Why do a lot of us struggle with energy? If you find your staff are tired and run down, and need an energy boost, this workshop delves into:

- Biology, natural body rhythms, the internal circadian clock, hormones and more
- How to eat and drink to support energy, maximise performance and brain power
- Practical solutions to achieve better quality sleep

It is absolutely possible to feel energised, focused and inspired – even after 3pm... power your team through the work day and beyond with this super popular workshop!

SIGNATURE WORKSHOPS continued



BACK TO BALANCE

Manage stress, boost your mood and keep yourself healthy!

High-pressured environments and busy fast-paced lives leave us feeling stressed and overwhelmed. How can we do our best work when our batteries are running on empty? Food and mental wellbeing are inextricably linked, this workshop is about giving your team support they need to make nurturing choices for resilience and wellbeing, to bring a healthy balance back to life. We focus on:

- 5 simple steps to reduce the risk of burnout and manage stress to regain balance
- Awareness; microbreaks; food and mood; breathing better; filling your cup

A workshop not to miss!



BUILD YOURSELF A HEALTHIER LIFE

Making it easier to be healthy!

Do you have employees who work long shifts? Or a team that is factory-based, out on building sites, or driving long distances where it can be all too easy to just grab an energy drink and food from the dairy to get through the day?

This interactive workshop has been designed to:

- Give an insight into how sleep rhythms, eating patterns, and drinking habits effect us
- Explain how to create routine to support your body's needs + improve how you feel
- Lift the lid on common mistakes that can sap energy and what to do about it

This super practical session offers ideas for eating well, no matter the hours staff work.



PICK N MIX

Your workshop, your way - tailored to answer your questions!

Welcome to an informative myth busting workshop that you can't afford to miss!

When information overload breeds confusion, navigating facts becomes a challenge. Dive into the hottest topics, providing clarity amidst the chaos of information!

The best part of this workshop is we can tailor it to the needs of your staff.

You choose 3 topics from the options below:

- Eating well on a budget
- Boosting your immune system
- Smart solutions to eating well at work
- Eating well when life gets busy
- Am I getting enough protein
- Are supplements right for me
- Does the time you eat matter?
- What about fasting? And snacking?
- How to manage stress and overwhelm
- How to manage shift work or long hours
- Managing perimenopause and menopause
- suitable for men and women to attend

"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



ONE-ON-ONE CONSULTATIONS

Our Dietitians and Nutritionists can provide individual **50 minute consultations** to your staff via video or phone. They will ensure your team get results by offering personalised advice and solutions specific to their needs and lifestyle.

These sessions allow us to assess, create goals, and put together a personalised plan to improve the health and wellbeing of each employee.

Our Workplace Wellness Manager will provide you with a link to an electronic booking calendar to share with your team to make their appointments on the assigned day(s).

Following their consult, your staff members can choose to privately book follow up appointments directly with their Mission Nutrition consultant if they require further ongoing support.

You may choose to book a group workshop to kick things off and cover the points that are relevant to everyone. The 1:1 consults can then be used to meet specific needs of each individual based on their personal goals and circumstances. Or you can book our 1:1 consults as a stand-alone service.

1:1 CONSULTATIONS INCLUDE

- ✓ Completion of a pre-assessment questionnaire to maximise the outcomes of the consultation
- ✓ Personalised nutrition, fitness and lifestyle advice
- ✓ Goal setting and the creation of a clear plan on how to achieve these desired outcomes

"Our people absolutely loved their consults! We have really enjoyed working with you, thank you for being so helpful and flexible throughout."

**Lakshmi, Ernst and Young,
Oceania Wellbeing Senior Consultant**



MEET OUR FRIENDLY NUTRITIONISTS AND DIETITIANS



"Mission Nutrition have delivered a number of workshops to our partners and staff. The delivery is always outstanding with just the right combination of education and audience participation. Lawyers can be a tough crowd but the presenters are confident, humorous and know the topic thoroughly. Feedback from attendees is always 100% positive. Mission Nutrition are always a pleasure to deal with. They are helpful providing advice as to appropriate topics and always well organised, making my job a lot easier."

 Simpson Grierson

"The convenience of having the one to one nutrition sessions made a big difference for our people and our team came away with actionable tips straight away. The entire Mission Nutrition team have been amazing to deal with and supportive throughout the whole process."

Danielle Sims, Training and Development Manager



"It was a great session and really well delivered presentation. We'll definitely keep Mission Nutrition in mind for future events."

**Paul Blatchford
Innovation Manager - Core Products**



"The webinar was great thanks!! We have really good feedback from those that attended."

**Belinda Dickson,
People and Culture Advisor, Deleat**

"Mission Nutrition has been an invaluable partner throughout our 12-month journey. Their tailor-made face-to-face workshops for over 1000 employees as part of our national wellbeing program were a huge success. Attendees resonated with the content and gained practical health ideas for work and home. The team's adaptability and support were outstanding, ensuring relevance at every site. They also provided excellent assistance with internal promotions and ongoing employee support. Looking forward to continuing our wellbeing partnership!"

Cheryl Hill - Group Health, Wellbeing & Injury Manager



SOME OF THE COMPANIES WE WORK WITH

