

Sally Duffin

**Empowering employee wellbeing
with nutrition & health expertise**

Presentations | Lunch & Learn | 1-1 Sessions



Does your employee wellness programme include nutrition support?

From better energy and immunity to learning how to manage menopause and mental health, nutrition support can make a powerful difference to your staff engagement, motivation, retention, and sickness absence.

Giving your team the opportunity to work with a nutrition expert means they can access practical life-enhancing support for physical and mental health, and shows how much you value their wellbeing and their place in your business.

About Sally

I'm a Registered Nutrition Practitioner (MBANT, CNHC), health writer, author, and speaker, with special interests in menopause care and cognitive health. Since qualifying in 2009 I have worked with hundreds of individual clients, charities, and businesses, empowering people to make positive changes to their health through nutrition.

Workplace wellbeing and guest expert clients include:



Through workplace wellness sessions I can connect with your staff and provide a practical understanding of how to optimise health through food and lifestyle change.

Whether you are looking for a short lunch & learn session or ongoing support throughout the year, I offer tailored sessions to suit your workplace needs.

Feedback from Chris at Hiscox UK

From the word go Sally was brilliant. She really took the time to understand what we were trying to achieve, pulled together an engaging and interactive agenda that met our objectives, and went over and above to deliver a fantastic talk that was streamed across the Hiscox offices in the UK. I would highly recommend Sally to any other organisations looking to discuss nutrition and well-being. She's brilliant!

Keynote Topics

Managing Menopause in the Workplace

Demographically, menopausal women are the fastest growing sector of workers in the UK. However, menopause awareness in the workplace is often lacking, and an estimated 14 million work days are lost each year due to menopausal symptoms.

In this session, participants will gain an understanding of the different phases of menopause and what symptoms to look out for; practical nutrition guidance for managing symptoms and building healthy foundations for life post-menopause, and lifestyle guidance for holistic menopause support.

Female, non-binary, and trans males experiencing menopause benefit from the practical guidance and understanding of perimenopause and menopause in the session. Staff who do not experience menopause will gain a much clearer understanding of what it is and how to support their friends, family, and co-workers.

Good Mood Food - Optimising Mental Health

The mental health charity MIND reports that 1 in 6 adults in England are dealing with a common mental health issue like anxiety or depression in any given week. Workplace stress, family issues, and poor dietary choices are key causes of mental health issues, and diet is often one of the only factors people can directly influence.

In this session participants will gain an understanding of the symptoms of anxiety and depression, practical nutrition guidance on key nutrients for mental clarity, concentration, mood balance, and

resilience to stress; and lifestyle guidance for mental wellbeing.

Energy & Immunity

Feeling tired all the time is one of the most common reasons people visit their GP. Life can be busy and demanding and many people struggle with their energy levels especially after becoming a parent, during times of stress, or after an illness. Low energy and low immunity often go hand in hand, particularly during winter. Staff absence rates rise when cold and flu bugs peak and this can put more pressure on the staff who aren't ill.

In this session, participants will discover food and lifestyle techniques for optimising energy levels and maintaining a healthy immune system. From what to eat for breakfast to nutritional supplements that can help relieve symptoms, nutritional medicine offers a wealth of practical guidance for dealing with low energy and immunity.

Managing Stress & Building Resilience

Stress is an inescapable part of modern life, so why do some people handle it better than others? According to statistics from the Nuffield Trust, the UK saw a 26% increase in sick days due to stress from 2019 to 2022, with 19% of workers feeling stressed every day.

This presentation explores how different kinds of stress affect us physically and mentally, and looks at practical, sustainable ways to enhance resilience to stress through nutrition and lifestyle changes. Participants will leave with a clear understanding of which foods and nutrients are helpful, and how to make positive lifestyle changes to optimise their resilience to stress.

All workshops include time for Q&A and the PowerPoint presentations can be made available to staff afterward.

Seasonal Programme of Presentations or Workshops

Create a bespoke series of talks or workshops for your staff based on seasonal themes and National Awareness Days. For example:

Spring

<p>International Women's Day on March 8th.</p> <p>April is Stress Awareness Month.</p>	<p>Presentations or Workshops</p> <p>Women's Health</p> <p>Menopause</p> <p>Managing Stress & Building Resilience</p> <p>Optimising Mental Health</p>
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Summer

<p>May - Learning at Work Week and Type II Diabetes Prevention Week.</p> <p>June - Healthy Eating Week and Carers Week.</p>	<p>Presentations or Workshops</p> <p>Healthy Eating</p> <p>Healthy Ageing</p> <p>Managing Stress & Building Resilience</p>
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Autumn

<p>September - Every Woman Day and National Eye Health Week.</p> <p>October is Menopause Awareness Month and the month includes Menopause Day (18th), World Mental Health Day (10th), National Work Life Week, and Public Health Workforce Week.</p>	<p>Presentations or Workshops</p> <p>Women's Health</p> <p>Menopause</p> <p>Healthy Vision</p> <p>Energy & Immunity</p> <p>Optimising Mental Health</p> <p>Managing Stress & Building Resilience</p>
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Winter

<p>November 2nd is National Stress Awareness Day.</p> <p>January - Dry January and Parent Mental Health Day.</p>	<p>Presentations or Workshops</p> <p>Managing Stress & Building Resilience</p> <p>Energy & Immunity</p> <p>Healthy Eating for the year ahead</p> <p>Optimising Mental Health</p>
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Work Together

Here's how we can work together:

- A seasonal programme of workshops delivered as Lunch & Learn sessions (30-60min) or longer workshops (90mins - 3hrs) online or in-person
- Standalone workshop or presentation in-person or online
- Half or full-day hire: this can include a presentation or workshop run 2+ times or 1-1 time with key staff

- Monthly visits to your business to support key staff 1-1
- Written materials for staff newsletters or internal comms
- Purchase copies of my book "Natural Nutrition for Perimenopause - What to Eat to Feel Good and Stay Sane" for your staff at a special rate

Investment

2024 fees start at:

- £475 for a 60min online Lunch & Learn session with Q&A (not recorded).
- £1200 for full-day hire.

The seasonal programme is priced on request - please call or email for a welcome no-obligation chat about your requirements.

Fees are open to budgetary negotiations and services can be tailored to suit your business needs.

Contact details

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