



Employee Wellbeing from Cardiff Nutritionist

Who Am I

I am a Nutritional Therapist with over seven years experience in providing nutrition based wellbeing services to organisations, giving me a unique insight into what employees are most likely to engage with.

What I offer

Workshops & Presentations:

Workshops are always tailored to the needs of the individual business and can last from an hour to a full day. There will be a mixture of presentation elements and interactive elements to ensure that employees get the most out of the sessions and always have actions to take away. Popular workshops include the below but other topics can be covered:

- Building resilience to stress through nutrition
- Increasing energy levels and improving focus and concentration to boost productivity
- Supporting mental health
- Managing menopause

All workshops focus on providing staff with the tools to help themselves through simple and practical diet and lifestyle change. This benefits the employer with more engaged and loyal staff as well as increased productivity and decreased absence.

Drop In Sessions:

Drop in sessions can be a half or a full day and allow staff to come and ask questions or discuss health concerns and goals on a 121 basis in their own time. They can work in two ways – the first is to have a private seated area so staff are comfortable to discuss personal issues and the second is to have a healthy tasting table where employees can sample healthy snacks whilst they ask questions. The first option can also work with pre-booked 20 minute slots. The second option is more informal and encourages groups to come and chat - food is always a good way to get people talking!

Courses & Programmes:

Workshops and drop in sessions are a great introduction to the benefits of nutrition for employees, but if there are specific areas that the business is focusing on, longer programmes work well. These programmes last from 30 days to three months and allow employees to attend weekly face to face or online meetings where support is provided in a step by step by step way. This allows staff to change habits over time and to have the

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support of a group. Sustainable weight loss and building resilience to stress are areas that work well over a longer period.

121 Consultations:

These are ideal for staff that are struggling with chronic conditions or with stress and need support to get back to optimal health and productivity. It may be staff who have been on sick leave or that are likely to be if action isn't taken. 121 meetings involve taking a detailed health and medical history and providing an individual diet, supplement and lifestyle plan with ongoing support until that employee has reached their goal. These sessions can be fully paid for as part of staff benefits or subsidised by the employer.

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