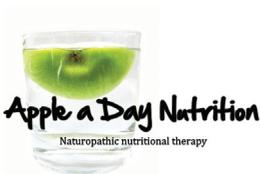




# Nourish to Flourish

Wellbeing packages tailored to your needs



Apple A Day Nutrition together with Chocolate Box Coaching

# What is Nourish to Flourish?

We are delighted to bring to you a completely new course concept, combining the expertise of a nutritional therapist and a life coach to help you make informed choices, develop healthy eating habits and make the most of opportunities.

Nourish to Flourish is a journey to good nutrition, reduced stress levels and improved overall wellbeing.

You will learn about the body's nutritional needs, how food is digested, how to balance food intake and how to make an informed choice about the food you eat. We also work on goal-setting, self-confidence, motivation and relaxation strategies which will help in every aspect of life, including eating choices.

Nourish to Flourish is not a weight-loss programme, although weight loss may occur as a beneficial side effect of improved eating habits and enhanced wellbeing.

Nourish to Flourish consists of two elements:

- ✿ Nutritional advice and information, delivered by Sam Downton, a qualified naturopathic nutritional therapist,
- ✿ Personal development skills, delivered by Marianna Beckwith, a qualified NLP practitioner and life coach.

Sessions consist of a 50/50 split between nutritional information, and personal development skills/wellbeing techniques. Information/work sheets and food samples are provided by us.

# What **Nourish to Flourish** can do for you:

## **As an individual:**

We invite you to a four week course in a group setting to learn about how food affects the body and why eating 'real' food is important as well as strategies for self motivation and goal setting.

## **In the workplace:**

Workshops and wellbeing days to help improve the health, and recharge the resilience and motivation of your employees.

## **In local centres:**

Flexible in time, length and approach for all types of community groups, courses can be custom-made for anyone you think would benefit from taking part.

“The tutors explain the information in a way that you remember and I have put that information into practice and it has worked.”

**NL, Milton Keynes**

# Nourish to Flourish

## wellbeing packages for teams of employees

Wellbeing initiatives in the workplace are becoming more popular, as employers become more concerned and proactive about their responsibilities towards their workforce. We believe that wellbeing in the workplace needs to be a priority and that it's everyone's responsibility.

**According to the Office for National Statistics, a staggering 131 million days were lost through sickness in 2013 in the UK. The top 3 reasons for time off sick were as follows: musculoskeletal conditions, mainly back and neck pain (31 million days), minor illnesses (27 million days) and stress and depression (15 million days). Shocking, isn't it?**

How well do your staff look after themselves and each other? Why not consider rewarding them with a wellbeing bonus for a job well done: a Nourish to Flourish wellbeing package or workshop. Or you could think about one of our Nourish to Flourish wellbeing packages or workshops as a positive step towards their healthier choices and positivity.

Do you:

- ❁ Want to reduce levels of staff absenteeism?
- ❁ Want to reduce the effects of stress-related illnesses for your staff?
- ❁ Want to improve the health and resilience of your workforce?

A resilient workforce is a happier, healthier, more efficient workforce. Who wouldn't want that?

Well-being workshops will feature a variety of professionals such as a Pilates instructor, nutritional therapist, personal trainer, art therapist, style consultant, life coach, singing teacher, who will deliver sessions to your employees, over your chosen time. The aim is to showcase strategies, provide ideas, offer time and space to think, or spark interest in a new, or almost-forgotten skill.

You decide how you would like the course to be run, for example:

- ✿ Weekly sessions over a set number of weeks
- ✿ One-off workshop
- ✿ Half day workshop
- ✿ Full day well-being package

Tell us what you want, and we'll tailor the course specifically for your group.

Each workshop is designed to help improve personal wellbeing and development, and individuals may feel encouraged to try strategies at home, or take the next step and join a group in their area, to help them feel good and have fun. We offer an entertaining, educational and varied menu of activities that will have your staff buzzing with enthusiasm for improving their resilience.

# Nourish to Flourish

## course for local centres

Do you:

- ✿ Want to positively promote the benefits of healthy eating to those using your centre?
- ✿ Want to encourage parents to feel good about what they are feeding their children?
- ✿ Want to improve the self esteem and motivation of those who use your centre?

“My eating habits have changed dramatically. The knowledge I’ve now been taught is so valuable and I would definitely recommend the course to everyone.”

**CL, Milton Keynes**

Nourish to Flourish is a course which runs weekly for a full term with a week’s break half way through (half term). The sessions last for 1½-2 hours each week and are designed to educate participants in why it is important to make healthy food choices, and give them the tools they need to feel confident that they can deal with everything life throws at them.

On-going support is offered with an additional Nourish to Flourish Advance group (one session per month) available for graduates of Nourish to Flourish.

Nourish to Flourish is a very flexible concept and can also be run over a shorter period, or as a workshop, if you would prefer. Please contact us to discuss a tailor-made course for your centre.

# Nourish to Flourish

## course for individuals

Do you:

- ✿ Want to eat healthily, but are baffled by conflicting information?
- ✿ Want to help your family to choose sensible eating habits but are not sure where to start?
- ✿ Want to be able to motivate yourself to carry through your good intentions?
- ✿ Want to change, but are not sure how?

Nourish to Flourish is a tailor-made four week course (eight hours in total) to educate participants in how to make healthy sustainable food choices and motivate them to feel energetic, vibrant and fit for everything.

Our lives are busy and demanding, so we often take short-cuts with food and ways to feel good which can lead to bad habits which we then find hard to change. This course will provide you with help to break that cycle. Arming yourself with the facts is a great start. Planning a goal, along with clever approaches to reach that goal, will help you get where you want to be. Nourish to Flourish will give you those facts and help you with those approaches.

Two tutors for the price of one: what an investment!

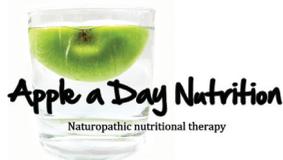
*Contact us for details of the next available course.*

“I am more aware of what I’m eating and the effects it’s having on my body.”

**KG, Milton Keynes**



**For more information or to book  
a Nourish to Flourish course,  
please contact either:**



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