



Employee Wellbeing Services

NUTRITION AND LIFESTYLE FOR
BRAIN AND MIND HEALTH

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Chloé nutrition

brain • body • mind

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Hello!

I'M CHLOÉ, A REGISTERED NUTRITIONAL
THERAPIST SPECIALISING IN BRAIN AND
MIND HEALTH.

I work with individuals and organisations to provide practical, science-based nutrition and lifestyle strategies that enhance focus, boost energy, support emotional balance, and improve overall wellbeing.

My approach is grounded in evidence and designed to be realistic and supportive, helping people make meaningful changes that fit into everyday life.

Before retraining in nutrition, I spent 12 years working for large corporations so I understand the fast pace, competing priorities, and constant demands of professional life. I've experienced how challenging it can be to maintain energy, focus, and balance when juggling meetings, projects, and personal responsibilities.

Today, I bring that experience into my work by offering clear, evidence-based support designed to meet the needs of busy professionals. Through nutrition talks or one-to-one consultations, I help businesses create a culture that values wellbeing in a realistic and effective way.

Chloé



"AN ORGANISATION'S
GREATEST ASSET IS ITS
PEOPLE.

A PERSON'S GREATEST
ASSET IS THEIR BRAIN.

WHEN WE SUPPORT
BRAIN HEALTH, WE
UNLOCK THE FULL
POTENTIAL OF BOTH."



WHY BRAIN AND MIND HEALTH MATTERS

Supporting brain and mind health in the workplace is a meaningful way to care for your team and strengthen your organisation.

When employees feel mentally sharp, emotionally balanced, and physically well, they're better able to focus, communicate, make decisions, and manage everyday challenges.

Nutrition and lifestyle have a direct impact on how we think, feel, and function. The food we eat, the way we sleep, how we move, and even how we manage our energy throughout the day all directly influence how we think, feel, and perform.

When employees are supported in these areas, the benefits can be felt across the organisation:

- Improved concentration and mental clarity
- Steady energy levels throughout the day
- Greater emotional resilience and stress management
- Reduced risk of burnout and fewer absences
- Better long-term health
- A more positive, engaged team environment

With the right support, employees can build habits that enhance wellbeing and strengthen performance – both in and out of the workplace.

HOW I CAN SUPPORT YOUR TEAM

I offer a range of services designed to integrate seamlessly into your organisation's wellbeing initiatives and meet the needs of busy professionals.

Nutrition Talks

My sessions are informative, practical, engaging, and tailored to your team's unique needs. Delivered in 60-minute formats, these nutrition talks provide evidence-based information and handouts to help participants apply new habits easily. Whether during lunch & learns, wellbeing weeks, or leadership training, these sessions inspire positive change.

The talks can be delivered remotely or in person within the United Kingdom.

Mini 1:1 Consultations

For individuals seeking personalised support, short confidential sessions (typically 30 minutes) provide a focused opportunity to explore their unique nutrition and lifestyle questions in a supportive setting. These nutritional therapy consultations can be held on-site or via video call, making it easy to fit into busy schedules.

Custom Services

Every organisation is different. If you have specific goals or challenges, I'll work with you to design bespoke content and support that fits your company culture, size, and needs.

Together, we'll create a wellbeing culture where employees feel supported and empowered to take charge of their health.

TALK TOPICS

Here are some nutrition talk topics I offer that I've found to be relevant and impactful for employee wellbeing.

Re: Mind your Mood

How what you eat shapes how you feel.

What you eat has a powerful effect on how you feel. In this session, we explore how nutrition can support a more stable mood, reduce irritability and overwhelm, and help you feel more grounded in daily life.

You'll learn which nutrients help regulate mood, what to avoid when you're feeling low or anxious, and easy food swaps that can make a real difference. We'll also touch on blood sugar balance and gut health – two often-overlooked keys to emotional wellbeing.

Re: Find your Focus

Simple habits to sharpen attention and boost energy.

Do you find yourself struggling with focus or feeling a slump in the afternoon? This session offers simple, science-backed strategies to improve mental alertness and help you avoid those common energy crashes.

You'll discover which foods and nutrients support sustained brain energy, how to balance meals and snacks to maintain steady focus, and easy lifestyle habits that keep your mind clear and focused.

Re: Mind your Sleep

Everyday choices that support restful nights.

Sleep is one of the most powerful ways we restore our brain, body and mind – yet it's often the first thing we sacrifice when life gets busy. In this session, we'll explore why good sleep is essential for focus, energy, mood, and long-term brain health.

You'll learn how nutrition can support better sleep, which foods may be disrupting your rest, and how simple evening routines can help you wind down more easily. We'll also cover practical tips to improve sleep quality – without overhauling your whole life.

Re: Mind your Gut

Supporting your “second brain” for better mood, focus, and wellbeing.

Did you know your gut is often called your “second brain” because it plays a key role in your mood, energy, and overall health? This session explores how nourishing your gut can positively impact how you feel and think every day.

You’ll learn about the connection between gut health and the brain, which foods and habits support a healthy digestive system, and simple lifestyle changes that promote gut balance.

The Smart Lunchbox

Build balanced meals that support focus, mood, and steady energy.

Your lunch plays a key role in how you feel and perform throughout the day. In this session, you’ll discover how to make smart lunch choices—whether packing your own, eating at the canteen, or grabbing food on the go.

We’ll look at how to balance meals in a way that supports sustained energy, clearer thinking, and a more stable mood throughout the afternoon. You’ll also explore simple habits that can make your lunch break more restorative and supportive of your overall wellbeing.

Brain Health for Life

Protect your cognitive health with practical nutrition and lifestyle habits.

Your brain is one of your most valuable assets—and how you care for it today can make a real difference in how it performs in the years to come. This session focuses on simple, science-backed ways to support long-term brain health through everyday choices.

We’ll cover the key nutrients that help protect memory and cognitive function, along with daily habits that contribute to mental clarity, focus, and resilience as we age.

Your Brain on Menopause

Empowering women to thrive through hormonal shifts.

Menopause can bring changes that affect not only your body but also your brain, impacting focus, mood, memory, and energy. This session is designed to help women understand these shifts and learn practical nutrition and lifestyle strategies to support brain health during this transition.

SUPPORTING WORKING PARENTS

When parents feel supported in helping their children's brain and mind health, it not only brings peace of mind at home but also helps them bring their best selves to work. Guiding your employees with simple, practical advice can make a big difference in their family life and overall wellbeing.

I offer informative and practical talks for working parents that introduce The Thrive 5 – five key foundations that support children's cognitive and emotional development:

- Brain-nourishing foods
- Gut health and digestion
- Quality sleep routines
- Movement, engagement, and play
- Reducing energy drains such as screen time and stimulants

The most popular format covers all five pillars of The Thrive 5 in one comprehensive talk, but we can also take a deeper look at a single area, depending on your team's interests and needs. Each session is designed to be clear, supportive, and actionable.

Participants receive helpful handouts with practical tips to try at home.

By offering this kind of support, your organisation demonstrates a genuine commitment to employee wellbeing – helping parents feel more confident, less overwhelmed, and better supported in both their personal and professional lives.



WORK WITH ME

Every organisation is different and so are the wellbeing needs of your employees. Whether you're planning a single wellbeing talk, a series of sessions, or simply want to explore what's possible, I'd be happy to discuss how I can support your team with tailored, evidence-based nutrition and lifestyle solutions.

Please get in touch to:

- Discuss your organisation's goals and needs
- Explore talk topics and formats that suit your team
- Request a quote or proposal

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The mind behind the *Re:Mind Your Brain* frameworks:



&



Chloe nutrition

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