



High Energy in the Workplace

HOW SARAH ZORAB NUTRITION CAN HELP YOUR BUSINESS

We work with many different types of organisations to educate employees on the importance of a healthy diet in order to achieve optimum performance and productivity at work. Through our workshops, we encourage employees to adopt better eating habits, which can positively affect their engagement, energy levels, concentration, mood and stamina.

ABOUT SARAH

Sarah has been practicing as a Nutritionist since qualifying from Raworth College in 2006 and currently practices at clinics in London and Haslemere, Surrey, where she sees private patients. She is a member of BANT (The British Association for Applied Nutrition and Nutritional Therapy) and CNHC (Complimentary and Natural Healthcare Council). Sarah is an active member of the Surrey Chambers of Commerce.

HIGH ENERGY IN THE WORKPLACE WORKSHOP

In our one-hour workshop, we look at:

- Keeping energy levels stable throughout the day;
- Weight management;
- Good foods to eat for alertness, clarity and concentration;
- The importance of a good breakfast to set you up for the day;
- Easy, nutritious lunches to bring in or buy from a deli;
- Boosting your immunity to avoid coughs and colds;
- Eating to manage anxiety and encourage wellbeing.

Sarah's expert advice is supported by quick, practical and delicious recipe ideas.

WHEN TO USE US

- In response to a staff survey regarding wellbeing at work;
- In a team-building / off-site day;
- Within a graduate or trainee induction programme.

HOW IT WORKS

- The talk takes approximately 40 minutes and can be followed by a Q&A session;
- The talk can take place in your office over lunchtime or at a time to suit your employees;
- We can tailor the content of the talk to suit your specific needs;
- You are given expert nutritional advice with handouts (including recipes) to take away;
- A drop-in clinic can follow the session for anyone wishing to discuss a particular issue;
- The cost for the talk starts at £250.

OUR CLIENTS

Elizabeth Arden
Parsons Brinckerhoff
Allianz
La Fosse Associates

Andrew Winch Design
NHS
Marathon Asset Management
Shoosmiths Solicitors

TESTIMONIALS

“... It was the best talk on nutrition they had ever heard. It was genuinely a talk, not a lecture, and your comments made tremendous sense. Your suggestions were both manageable and pragmatic. We all feel inspired and re-energised.”
Genesis Investment Management LLP

“... The response to your work has been universally positive. Your advice is real world and practical and it is this approach as much as your expertise that has made such an impact on our organisation.”
La Fosse Associates

CONTACT US



Sarah Zorab
Nutrition

Sarah Zorab Nutrition
E: sarah@sarahzorab.co.uk

W: www.sarahzorab.co.uk
T: 07990 572990