

# Inspire healthy habits at your workplace with our wellbeing workshops



## Wellbeing workshop menu

Support your workforce with engaging, expert-led wellbeing workshops. Our team of health professionals—including doctors, registered dietitians, and physical therapists—are ready to deliver impactful sessions designed to support the wellbeing of your employees. Employers can choose from a variety of workshops on topics such as nutrition, stress management and mental wellbeing, physical activity and movement, and more.\*

### Workshop details

- Format:** Virtual (30–60 minutes). We kindly ask for at least 10 participants to host a workshop.
- Notice required:** Minimum 30 days.
- To schedule:** Contact your sales account consultant or wellbeing engagement consultant.

### Nutrition Workshops:

<b>Busting Nutrition Myths</b>	Have employees confused by conflicting nutrition information? This workshop can be beneficial for employees who are trying to eat healthier, or are simply curious about what is true and where to find trustworthy information and guidance around nutrition.
<b>Eating to Manage Blood Sugar</b>	This workshop explores practical nutrition strategies to help manage blood sugar and support overall health. Employees will learn ways to balance their diet and make healthy nutrition choices to optimize blood sugar levels.
<b>Heart Healthy Nutrition</b>	Looking for ways to support your employees' heart health? In this workshop, employees will explore key heart health metrics and discover simple, heart-smart nutrition strategies to keep their body nourished and strong.
<b>Nutrition and Stress Management</b>	Everyone feels stress for different reasons, but one thing is universal: Stress can have a negative impact if left unchecked. In this workshop, employees will learn how to identify stress, the impact of stress on the body, and how a healthy diet can help combat its adverse side effects.

## Nutrition Workshops (cont.):

<b>Positive Food Mindset</b>	During this workshop, employees will explore their mindset around food and learn how to shift away from good versus bad food thoughts. Participants will gain practical tips for building a healthier relationship with eating.
<b>Setting Yourself Up for Healthy Eating Success</b>	Good nutrition is a cornerstone of a healthy lifestyle. In this workshop, employees will discover why healthy eating matters, learn practical strategies to overcome common barriers, and explore simple ways to start making positive changes to their eating habits.

## Stress Management & Mental Wellbeing Workshops:

<b>Building Resilience to Manage Life's Curveballs</b>	Stress, anxiety, and burnout are common in today's fast-paced work environment. In this workshop, employees will learn practical strategies to manage stress, prevent burnout, and build resilience for long-term wellbeing.
<b>An Attitude of Gratitude</b>	This workshop explores the practice of gratitude as a powerful tool for enhancing mental and emotional wellbeing. Employees will discover how cultivating an attitude of gratitude can positively impact their mindset, relationships, and overall wellbeing.
<b>Time Management and Perfectionism</b>	Perfectionism can quietly derail productivity and increase stress. In this workshop, employees will learn how perfectionist habits affect time management and practical strategies to boost efficiency and work smarter - not harder.
<b>The Psychology of Building Healthy Habits</b>	This workshop will help employees uncover the science behind habits and learn how they shape daily life. Participants will explore how to identify and break unhealthy habits, strategies for creating new ones, and ways to turn small changes into lasting lifestyle improvements.

## Physical Health & Movement Workshops:

<b>Don't Get Bent Out of Shape</b>	According to the World Health Organization, 1.7 billion people globally live with musculoskeletal (MSK) conditions. This workshop will provide employees with information on physical activity and movement, common causes of musculoskeletal injuries, how to prevent them, ergonomics and more.
<b>Heart Health and Movement</b>	Let's discuss heart health and how it can impact your employees' lives! During this workshop, employees will learn how movement can positively impact heart health and overall wellbeing. This workshop covers heart health information, various types of exercise and how they challenge the heart, along with recommendations for where to start.



**Reach out to your sales account  
consultant or wellbeing engagement  
consultant to schedule a workshop.**