

BeUtiful Corporate



Nutrition, Stress Management & Wellbeing Programs

BeUtiful You is a holistic wellbeing consultancy providing tailored expertise in nutrition, wellbeing and stress management to our corporate partners to positively enhance the health and wellbeing of their people.



When people have a healthy body and a focused mind success is inevitable. However, many of us, including the vast majority of your employees, are feeling stressed, out of shape and exhausted. As a result, when the employee suffers, the team suffers and this ultimately has a negative impact on productivity and bottom line. Creating a positive working environment, boosting the physical health of your employees and addressing key issues like stress management directly transfers into greater efficiency and productivity with less employee absence, and this means more enhanced profitability.

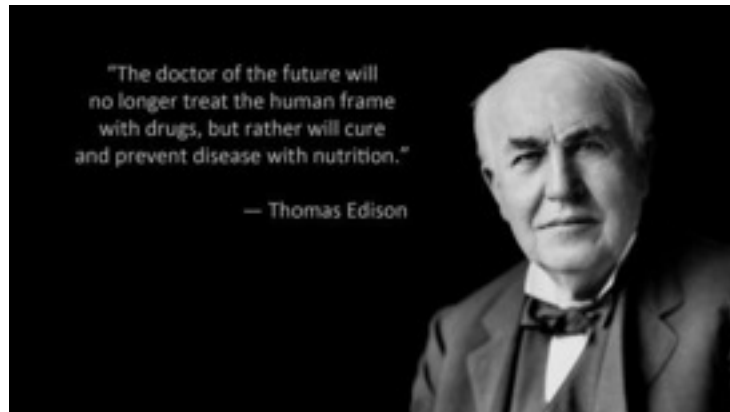


BeUtiful understands the direct impact an employee's health has on your business, but we also appreciate that each individual is different, due to our extensive scope of expertise we are uniquely placed to ensure that your employees receive the type of care that will be most beneficial to them. There is no 'one size fits all' approach to wellness that suits everybody, however, BeUtiful can provide tailored solutions to meet the individual's needs whilst serving the greater success of your company.

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BeUtiful You Scope of Expertise

BeUtiful is passionate about empowering individuals to make food and lifestyle choices that enhance their wellbeing and safeguard their health. Poor nutrition is one of the single most powerful contributing factors to illness and degenerative disease, not to mention weight and its associated health risk factors.



Combining nutritional information with practical wellbeing techniques and exercise, like yoga, is literally the difference between experiencing dis-ease or enjoying good health! Our scope of expertise:

- **Nutrition**
- **Yoga**
- **Wellbeing and Lifestyle Coaching**
- **Relaxation & Meditation Techniques**
- **NLP and Life Coaching**
- **Stress Management Training**
- **Corporate Retreats & Team Building**



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Holistic Wellbeing Consultancy
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Delivery

All of our services and experiences are tailor made for the individual company in line with our philosophy there is no 'one-size fits all' approach that works for everybody.

Our intention is to positively communicate our message in the most efficient way to allow those whom we are trying to reach to not only understand our advice but to feel inspired and confident to make the necessary practical changes in their nutrition and lifestyle.

Delivery options include, but are not limited to -

- **One-to-one Coaching** - allowing for stress management, nutrition and wellbeing to be tailored to the individual. This is made available to all or selected employees at their convenience and sessions can be in person or through Skype.
- **Group Workshops** - for a chosen duration, these sessions typically include material delivery on a chosen topic covering nutrition advice, NLP, general wellbeing and specific tools and techniques to achieve a certain goal.
- **E-Nutrition and Wellbeing (Online)** - provision of information to inspire and support through a weekly or monthly tailored nutrition and wellbeing newsletter, blog or video blog sent to all employees for them to read and watch at their own convenience.
- **Executive Health Screening** - providing VP's with a comprehensive health screening facility and the subsequent nutrition and lifestyle programming and support according to their personal results and requirements with our partner, [DNA Clinic](#), the leading integrative medicine facility in the GCC.
- **Holistic Team Building** - group detoxes or assigned nutrition and lifestyle goals or challenges that employees can sign up to creating a culture of support, awareness and appreciation.
- **Yoga** - yoga sessions or office yoga, for groups and individuals, positively addressing stress management, posture and body alignment challenges and healthy physical, mental and emotional state.
- **Executive Retreats** - fully facilitated nutrition, wellbeing, stress relief and yoga retreats upon request.

For more information please contact Laura Holland - laura@beutifulyou.co.uk