



FLORA NUTRITION

**JAYNE MOSSOP -
CORPORATE WELLNESS
PROGRAMS**



Jayne Mossop

Clinical Nutritionist

Jayne is an Accredited Clinical Nutritionist with the Australian Natural Therapists Association, a qualified Nutritional Medicine Practitioner, a certified Metabolic Balance® coach and a passionate wellness educator. As an expert in Nutritional Medicine, Jayne examines the relationship between food and our human biochemistry and how this plays a pivotal role in our health, wellbeing and the prevention of chronic disease. Jayne delivers her wellness presentations in relatable, friendly style and aims to bust the current food myths to provide her audience with practical "take home" tips that can be easily integrated into individual lifestyles.

Jayne Mossop - Corporate Wellness Programs

WHY CORPORATE WELLNESS?

- Improve your team's nutritional awareness and how to apply it to everyday life.
- Confidence for your employees to make good food choices.
- Increase productivity
- Improve company morale
- Reduce absenteeism and presenteeism
- Jayne's interactive workshops are designed to improve overall nutritional knowledge and awareness around food choices.

CORPORATE WELLNESS OPTIONS

- Individual workshop sessions or,
- Themed nutrition workshop series presented over 3-6 month period.
- Workplace nutrition challenges
- On-site individual consulting – ½ - full day sessions
- Company catering assessment (if applicable)
- Company newsletter contributions – recipes, tips

WORKSHOP TOPICS

- Holistic Nutrition
- Kick Sugar Feel Great!
- The Gut Health Workshop
- Stress Resilience and Preventing Burnout
- Women's Healthy Hormone Workshop
- Men's Health - Testosterone, Stress, Muscle Mass & More!
- Healthy Weight Loss – Myths Busted!
- Protecting and boosting your immunity - Winter Wellness
- Your custom topic

Jayne Mossop - Corporate Wellness Programs

PARTICIPANT FEEDBACK

"I liked Jayne's thoroughness and suggestions/solutions for improving health."

"I found the advice to be helpful. Good way to touch base on current nutrition practices and make some dietary changes. Jayne is very knowledgeable and good to talk to openly."

"The consultation changed my eating habits quite a bit, so I am very happy with the outcome."

"I have had two consultations and gained a lot from them. I liked that it was by Zoom so I was able to see Jayne as if we were meeting in person."

"The workshops provided good information presented in an easy way with just enough science."

"I liked that the information shared by Jayne was informative and practical. It was great to have group activities and interaction with colleagues."

TESTIMONIAL

We partnered with Jayne from Flora Nutrition to create a nutritional wellbeing program for our employees. Jayne supports a holistic approach to nutrition and worked closely with us to define a program which included a series of group workshops and one-on-one consultations for 2020. Our program had to change when the pandemic hit and we greatly appreciated Jayne's ability to adapt to an online format so our employees could continue to participate in the program and make improvements to their health and wellbeing. Overall, the nutrition program was a highlight for our 2020 wellbeing strategy.

- Cook Medical



Holistic Nutrition

During this session Jayne breaks down the basics of nutrition and healthy eating and sets the records straight on carbs, fat, protein and how they impact your overall health and wellness. Jayne will show you how to make healthy “swapportunities” to maximize your nutrient intake on a daily basis and we'll debunk some of those common dietary media myths and cut through the marketing confusion around what is actually healthy.



Kick Sugar - Feel Great!

How to Kick Sugar is a popular topic and during this session we learn,

- What Sugar does to your Brain & Body
- How to Find & Avoid Hidden Sugars
- Why Sugar may be Contributing to Your Health Condition
- How to Curb Cravings
- Why Eating Mindfully is one Secret to Kicking Sugar

Balancing blood sugar is NOT just for diabetics. It is essential for weight loss, hormonal health, clear skin, healthy digestion, mental health and our overall health and wellbeing.



The Gut Health Workshop

An emerging and exciting area of nutritional science, Jayne explores with you,

- The structure and function of the gut.
- Common drivers that effect gut health.
- Conditions associated with an unhappy gut.
- What is leaky gut and how to repair it?
- Foods and tips to look after your gut.



Stress Resilience and Preventing Burnout

Stress is an unavoidable fact of life, yet the effects of stress and how one reacts during times of stress varies dramatically between individuals! If you find yourself over-reacting to little things, feeling overwhelmed and not coping with day to day pressures, then be sure to join us at this workshop.

At this workshop our Nutritionist, Jayne Mossop will be talking about some of the factors that lead to poor stress resilience, ways to restore balance in the body and prevent and reverse burnout! You will learn:

- Brain structure and function
- Impact of stress on the brain
- Factors that contribute to poor stress resilience
- How to improve stress resilience and prevent burnout
- Foods that can improve your mood!



Women's Healthy Hormones

The following conditions are common but did you know that what you choose to eat and the lifestyle choices that you make can have a profound impact on your symptoms?

- Hot flushes
- Headaches
- Acne
- Fluid retention
- PMS
- Weight gain
- Painful, heavy bleeding
- Irregular periods
- Endometriosis
- Breast tenderness
- PCOS/Fibroids

Learn how to support your hormones using food as medicine!



Men's Health

Men – I'm calling on you to take a look at your health! The food and drinks you put in your mouth are like the fuel you put in your car. You wouldn't expect your car to perform well on dirty fuel, so how can you expect your physical machine to?

Do you feel like you could polish your performance? There are a few simple things you can do to take back the control of your health – and your life. These will help you to play better and stay in the game longer.

Join Clinical Nutritionist, Jayne Mossop for our Men's Health Workshop where she'll be unpacking a few health topics related to Men's Health and importantly, she'll give you some practical tips and dietary strategies that you can use to optimise your health.

We'll discuss,

- Testosterone – natural ways to boost testosterone levels
- The stress trap and metabolic health
- Foods and nutrients for prostate health
- How to eat to maintain muscle mass as we age.



Healthy Weight Loss

Jayne specialises in weight loss using real whole foods! In this workshop learn,

- How excess body fat impacts the whole body
- Key Drivers to Weight Gain
- How Your Body Makes Fat – and How to Burn It!
- Bust Common Weight Loss Myths
- Common Weight Loss Strategies like Intermittent Fasting, Keto, VLCDs, Low Fat vs Low Carb
- The Best Exercise for Weight Loss
- How to Release Weight in a Healthy Way!



Protecting and Supporting your Immunity

Strengthening your immunity is your body's first line of defence against infections and in this workshop you will learn about the immune system and its role in keeping you healthy, the difference between nonspecific and acquired immunity, the role of white blood cells, and the impact that gut health, diet, stress lifestyle factors and exercise have on your immune system. Understand what sort of foods support your immunity and the ones to avoid!



Your Custom Workshop Topic

Want a little bit of the basics with a sprinkling of gut health and weight loss? Perhaps a little more preventing burnout and stress management with supporting your immunity? Talk to me about designing a custom topic.

How to book your corporate wellness session or series?

If you are ready to book or would simply like to talk about your organisation's requirements, please contact Jayne via phone or email.



CONTACT

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