



Audrey Dickinson

NUTRITION

As a certified Nutritional Therapist and an experienced cook, it is my commitment to educate about the impact of nutrition on one's health and wellbeing.

A diet that is not diverse enough can fail to provide key nutrients, resulting in negative implications for one's health. My goal is to help people find a balanced and healthy relationship with food.

I provide transformative education by prioritizing each individual's unique needs.

Stemming from a holistic, evidence-based approach, I teach insightful theoretical webinars complemented by fun, online cooking workshops.

As people spend the majority of their working time at home, it becomes more important for employers to touch base on the subjects that matter - health and well being.

Issues related to sleep, motivation, focus, self-esteem, etc. are only some of the complaints arising amongst employees within this past year.

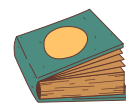
Moreover, as it's been proven, individuals who make healthier lifestyle and diet choices will have a significantly stronger resistance against viruses and other pathogens.

Only through a conscious effort to improve and support our 'working from home' lifestyle can we sustain this lifestyle over the longer term.

"I am driven to help businesses create healthier and happier workplaces and improve employees' quality of life, ultimately, increasing productivity and combating rising healthcare costs."

WORK WITH ME

My approach involves providing both theoretical knowledge and practical learning, therefore, this programme consists of an insightful, theoretical webinar paired with a fun, online cooking workshop.



THEORETICAL WEBINAR

After completing my webinar, participants will have developed an understanding of how their daily diet and lifestyle choices might impact the overall quality of their life.

They will leave empowered to listen to their body's unique needs and support their body while it refinds balance.



ONLINE COOKING WORKSHOP

The menu will be based upon the key-nutrients and co-factors to support the specific issues discussed in the theoretical webinar of your choice.

My priority is to offer a relatable experience to suit every participant. The skills gained at my workshops are transferable into daily life, while suitable for any level.



CHOOSE YOUR THEME



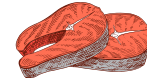
Gut & Immunity

- What is the role of the immune system and its various locations in the body?
- Why is the relationship between the gut microbiome and the immune system so imperative?
- Which vitamins and minerals are necessary for supporting the immune system and the beneficial bacteria?
- Which foods contain antioxidants required to protect the immune system from compromising toxins?
- How stress eating can trigger autoimmune conditions?



Food and Mood

- Gut anatomy and why is it known as the 'second brain'?
- What is the role of the gut microbiome in the production of vitamins and neurotransmitters essential for brain health?
- How and why the gut and the brain communicate via the central nervous system?
- How can lifestyle impact gut and brain health?
- What are the building blocks required for optimum brain function?
- Brain power-foods and how to eat for brain health?



Energy & Focus

- How to use food to generate energy?
- How to manage blood sugar balance throughout the day?
- How to choose the right foods to sustain your energy levels?
- Why is the correlation between the quality of sleep, immunity, and focus so imperative?
- What is the hormone-health impact on mental clarity?
- How fight-or-flight response depletes cellular energy?



Women's Health

- What is the ebb and flow of the female cycle?
- What hormone changes occur throughout a woman's life?
- What is the role of the gut microbiome in hormone detoxification?
- How are the insulin level changes connected to estrogen?
- What are the 5 key-disruptors that could be amplifying menopausal symptoms?
- Which foods are required to support declining estrogen levels, hormone detoxification pathways, and gut health?



WHAT OTHERS SAID

"Throughout the past two years, Audrey has been one of WIL's most cherished guest speakers, as her advice on nutrition and a healthy lifestyle is practical, comprehensive, and presented in an easily understandable fashion."

When members ask her personal questions regarding their eating habits, she replies compassionately and provides them with practical feedback.

I recommend Audrey with no reservations whatsoever."

*Clara Lindemann
Head of Programme
WIL, The Netherlands*

"Audrey Dickinson hosted a webinar and cookery workshop for us as part of our Winter Wellbeing program."

Audrey's workshop focused on keeping our immune system healthy, the content was highly informative and science-based. Both the webinar and cooking workshop were well received by staff (80% of staff recommend the workshops to others).

I would highly recommend Audrey for corporate workshops, easy to work with, flexible and a true expert!"

*Sharon Toner
Employee Health & Wellbeing Lead
Johnson & Johnson, The Netherlands*

