



DISCOVER OUR AMAZING WEALTH OF WORKSHOPS.

Book your Health & Wellness
Webinar Today!



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WELLNESS

CULTIVATING HEALTH & HAPPINESS

Have you ever wondered what it is about some people that makes happiness so easy for them? It turns out that happiness is not something that happens to you. It's something you make happen.

In this webinar, you will learn about simple daily habits you can implement to improve your health and happiness.

MAKING PEACE WITH FOOD: HOW TO FOSTER A POSITIVE RELATIONSHIP WITH FOOD AND YOUR BODY

A positive relationship with your body means eating a more balanced diet, engaging in physical activity and focusing on getting more sleep.

This webinar will focus on helping you feel good about yourself, to embrace and build confidence around food and your body. You will learn strategies to be more compassionate towards yourself to achieve optimal health and feeling good in your skin.

EVERYTHING YOU WANT TO KNOW ABOUT SLEEP AND PRACTICAL WAYS TO GET THERE

Did you know that what you do, or don't do, during the day has a huge impact on how you sleep at night? Achieving optimal levels of sleep can be more challenging than one would think. Busy lives, time challenges and sleep disturbances play a major role in the chronically sleep deprived.

In this webinar we will share 6 strategies to help you prepare for better sleep and health.



MAKING SHIFT-WORK WORK

Many people are working jobs that have them sleeping when they are meant to be awake and working when they are meant to be sleeping. Shiftwork has its pros and cons but if not managed well, it can take a real toll on many parts of life.

In this webinar, you will learn strategies that will help you maintain a healthy lifestyle while living a shift work life. Strategies covered include how to manage your schedule to include more time for exercise, healthy eating and better sleep.



LIVING WELL: WHAT YOU NEED TO KNOW ABOUT DIABETES

According to the Canadian Diabetic Association, Diabetes rates in Canada have almost doubled over the past decade and will continue to rise. They predict that unless action is taken now, one in three people will be living with diabetes or prediabetes by the end of this decade.

In this webinar, you will increase your awareness of how to live well with diabetes, how to reverse pre-diabetes or prevent diabetes and stay healthy and well as you age.

THE LINK BETWEEN GUT HEALTH AND WELLBEING: WHAT YOU NEED TO KNOW

Do you suffer from digestive issues, have food intolerances, or want to improve your absorption of nutrients? Did you know that your quality of sleep and your stress can have a huge influence on your gut flora or that your brain and gut are connected?

This webinar is full of tips and suggestions to help improve your diet, gut health and overall well-being. If you would like to achieve healthier digestion and more energy this workshop is for you.

MENOPAUSE: HEALTHY TIPS TO EASE YOUR TRANSITION

There is no such thing as a typical menopause but women with healthy habits going into menopause generally have an easier transition with less bothersome symptoms. Pre-menopause is a great time to begin or reinforce healthy changes in your life to ease your transition.

In this webinar, we will talk about some common experiences and how to reduce bothersome symptoms with healthy habits.

THE POWER OF HEALTH AND WELLNESS COACHING

Do you want to improve your well-being, happiness, and quality of life? Do you need some guidance and support to achieve your wellness goals?

In this webinar, you will learn about the benefits of wellness coaching for your health and happiness and how to get the most out of your wellness coaching sessions.

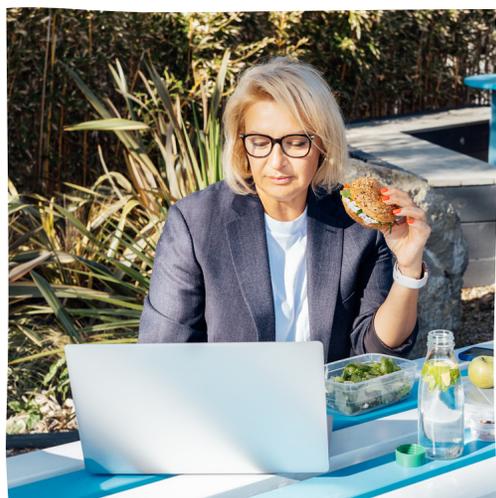
By the end of this webinar, you will have a better understanding of how wellness coaching can help you transform your life. You will also receive a free consultation offer from our certified wellness coaches

7 STRATEGIES FOR SUSTAINING NEW HEALTHY HABITS

We all strive to live a healthy, long life but we often struggle with reaching our wellness goals, and don't know where to start or how to get to where you need to go. Setbacks and stumbling blocks often cause our best laid plans to go astray before we start to see, or feel, any progress.

In this webinar you will learn 7 strategies to help you set, keep, and reach your wellness goals.





MENTAL HEALTH

5 STRATEGIES TO ACHIEVE WORK-LIFE FLOW

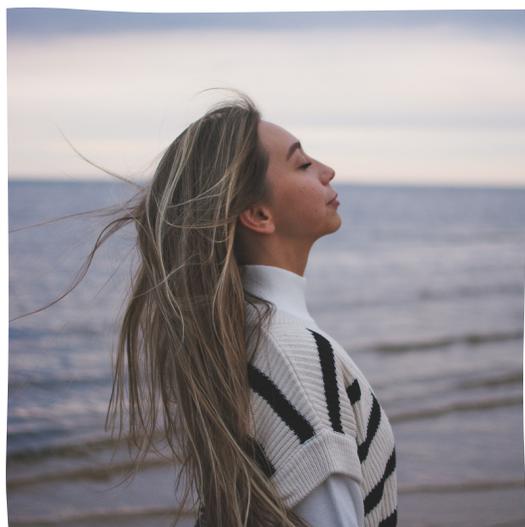
Are you feeling stressed, unbalanced, or dissatisfied with your work and life? Do you struggle to find time for yourself, your family, and your passions? Do you want to achieve more fulfillment and happiness in all areas of your life?

This webinar will give you a clear understanding of what work-life flow is and how to achieve it. You will also gain practical tools and strategies that you can apply immediately to improve your work and life satisfaction and success.

STRESS AND RESILIENCE: HOW TO BOUNCE BACK FROM CHALLENGES & THRIVE IN LIFE

Do you feel overwhelmed, frustrated, or stuck by the challenges you face in life? Do you want to learn how to cope with stress and build your resilience?

In this webinar, you will learn how stress affects your body, mind, and emotions and gain practical tools and tips that you can apply immediately to bounce back from challenging situations and thrive in life.



MINDFULNESS PRACTICES FOR STRESS MANAGEMENT

This webinar has been designed to explore various empowering tools to manage stress and build awareness through mindful practices.

Participants will be taught yoga stretches and breathing techniques for optimal mind-body health and connection, and learn daily habits that contribute to wellness.

SETTING BOUNDARIES: A RADICAL ACT OF SELF-CARE FOR BETTER WORK-LIFE BALANCE

Do you struggle to balance your professional and personal responsibilities? Do you want to learn how to set healthy boundaries and practice better self-care?

In this webinar you will learn about healthy boundaries and why they are essential for your well-being and productivity at home and at work. You will also gain practical tools for how to make time for self-care activities that nourish your mind, body, and soul.



SUCCESSFUL AGEING: WELLNESS STRATEGIES FOR A HEALTHY MIND

Are you interested in learning how to age well and maintain a healthy mind? Do you want to feel more energized, focused, and happy in your daily life? Do you want to learn how to take care of your cognitive health with simple and effective strategies?

In this webinar you will learn how nutrition, sleep and exercise can boost your brain health and function, and gain practical tools and tips for how to nourish your mind and body.

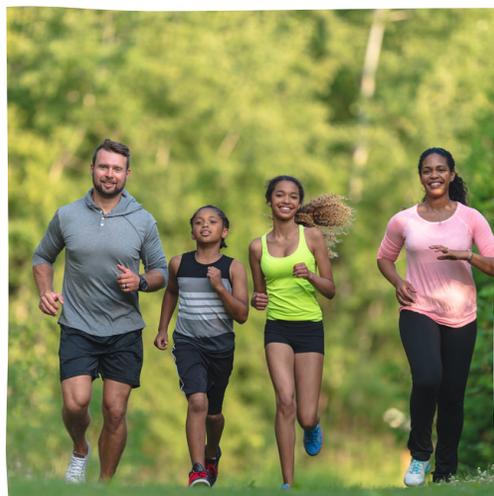


NUTRITION

NUTRITION FOR SUSTAINED ENERGY

Many factors contribute to your energy level throughout the day, but the biggest one is how you fuel yourself. In this webinar, we will share how food can boost or deplete your energy levels and the connection with sleep.

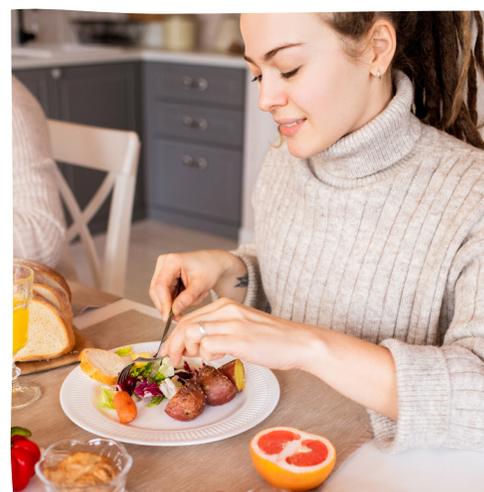
We will review foods that rev up your engine and provide examples for healthy snacking for lasting energy. You will leave this webinar with strategies for increasing your energy through healthy eating habits.



EATING FOR STRESS & COPING

Research suggests that when people are highly stressed, one of the first things that will change is their eating behaviour, and mostly not for the better!

In this webinar we will discuss how to create new routines and habits to set yourself up for success including planning ahead, mindful eating and more.



HEART HEALTH - EATING TO REDUCE THE RISKS

Heart disease is the leading cause of death in Canada. The good news is this chronic condition can be managed by leading a healthier lifestyle.

In this webinar you will gain a better understanding of cardiovascular disease risk factors for heart disease and learn about heart healthy eating strategies and lifestyle habits.



HEALTHY EATING ON THE GO

Do you struggle to eat healthy when you have a busy schedule? Do you find yourself reaching for fast food, snacks, or sugary drinks when you're on the go? Trying to find the time it takes to eat well can be challenging.

In this webinar you will become more aware of the relationship between busy lifestyles and nutrition habits. You will learn about practical ways and tips to eat healthy on the go.

SUPERMARKET SAVVY

Healthy eating starts in the supermarket. Even the best intentions to eat well are easily undermined by an unprepared, or hungry trip to the grocery store.

In this webinar we will help you understand how to eat healthier by creating a healthy meal plan and grocery list and review how to make healthy selections in the grocery aisle.



NUTRITION LABELS DEMYSTIFIED: HOW TO CRACK THE CODE AND MAKE HEALTHIER CHOICES

Do you find nutrition labels confusing and hard to understand? Do you want to learn how to read and use them to make healthier food choices?

In this webinar you will learn how to use nutrition facts labels as a tool to help you eat smarter and improve your health.





HEALTHY EATING IN TIMES OF INFLATION

With rising food prices our budget gets tighter and the quality and quantity of the foods we eat tends to get compromised.

In this webinar, we will share some easy to apply strategies that will help you make healthy and nutritionally balanced food choices despite rising food costs.

BALANCED DIET: TIPS AND TRICKS TO EAT BETTER AND FEEL GREAT

Do you want to know how to eat well and feel great without feeling deprived or bored? Do you want to avoid the myths and challenges of dieting and weight loss and adopt a new approach to eating and your health that will get you to where you want to be?

In this webinar, you will learn what it means to eat a balanced diet and how it can help you eat better and feel great.



FLEXITARIAN EATING: HOW TO MOVE TOWARDS A MORE PLANTS WHOLE FOODS DIET

Are you interested in eating more plant-based foods but not ready to give up meat completely? Do you want to learn how to enjoy a variety of foods without feeling restricted or deprived?

In this webinar you will learn 5 simple strategies to get you on your way to a more sustainable flexitarian way of cooking and eating with a focus on nutritious and delicious plant-based foods while keeping the environment and budget in mind.



EAT THE RAINBOW: EASY TIPS TO HEALTHIER LIVING

Eating a variety of colourful fruits and veggies is beneficial for our health. But bringing more of these foods into our diet in a sustainable, affordable and enjoyable way sometimes requires both effort and resources.

In this webinar you will learn what makes colourful fruits and veggies so nutritious and gain some practical, easy ways to include more of these foods into your diet.

MEAL PREP AND PLANNING: 4 SIMPLE STEPS TO HEALTHIER EATING HABITS & LESS STRESS

Do you struggle with finding time to cook healthy meals? Is that more stress than you need? Do you end up eating out or ordering takeout more often than you'd like? Do you want to learn how to plan and prepare your meals in advance and avoid food waste?

In this webinar, you will learn how to create a weekly meal plan that suits your schedule, budget, and preferences. Reduce your stress and eat more healthily by turning your meal plan into an effective shopping list and prepare and store foods safely and efficiently.



MOVEMENT

BEAT THE DESK SLUMP: TIPS AND TRICKS TO STAY ENERGIZED & ACTIVE AT WORK

Do you feel tired, stiff, or bored after sitting at your desk for hours? Do you want to learn some simple, effective and fun ways to boost your energy, mood, and productivity?

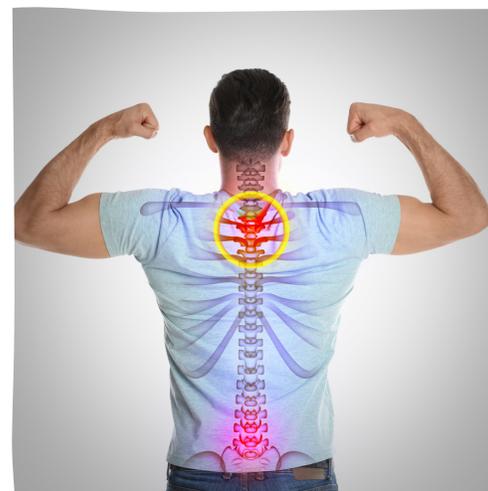
In this webinar you will learn how desk exercises can help you stay active, focused and healthy while working and how to incorporate movement breaks into your daily routine and schedule.



CORE STABILITY FOR HEALTHY BACKS

Do you want to know how to perform simple and effective exercises and stretches that can help you prevent and relieve back pain?

By the end of this webinar, you will have a clear understanding of how core stability can benefit your back health. You will also have practical tools and resources that you can use immediately to strengthen your core and improve your back health.



FITTING MORE EXERCISE AND MOVEMENT INTO YOUR LIFE

Finding the time to fit regular exercise and movement in can be a real challenge and for many people it is the first thing to go when time gets tight.

In this webinar you will learn 7 effective strategies that will help you organize and prioritize your time so you can create a sustainable approach to become or stay physically active.





WHAT'S YOUR MOVEMENT MOJO? HOW TO FIND IT AND KEEP IT

We all know the value of exercise for our long-term health, but sometimes it's difficult to find the time, energy and motivation to make exercise part of our regular routine.

In this webinar you will learn 5 tips on how to rediscover your fitness mojo; find it and keep it!

WORKSHOP OVERVIEW

Our engaging and interactive workshops raise awareness of health issues and offer practical wellness strategies and solutions, recommendations of resources, etc. Each workshop is set up to deliver between 3 - 5 learning objectives that provide your employees with the tools to implement healthy changes immediately.

All our workshops are 1 hour in length and delivered on Zoom or customers' own video conferencing platform. For in-person workshops, please inquire about your location.

It's our goal to inspire your people to build better wellness habits.

GET IN TOUCH!

START THE CONVERSATION