

Community Wellness Programmes.

The 4 Pillars of Family health....



Nutrition

Movement

Sleep

Relaxation

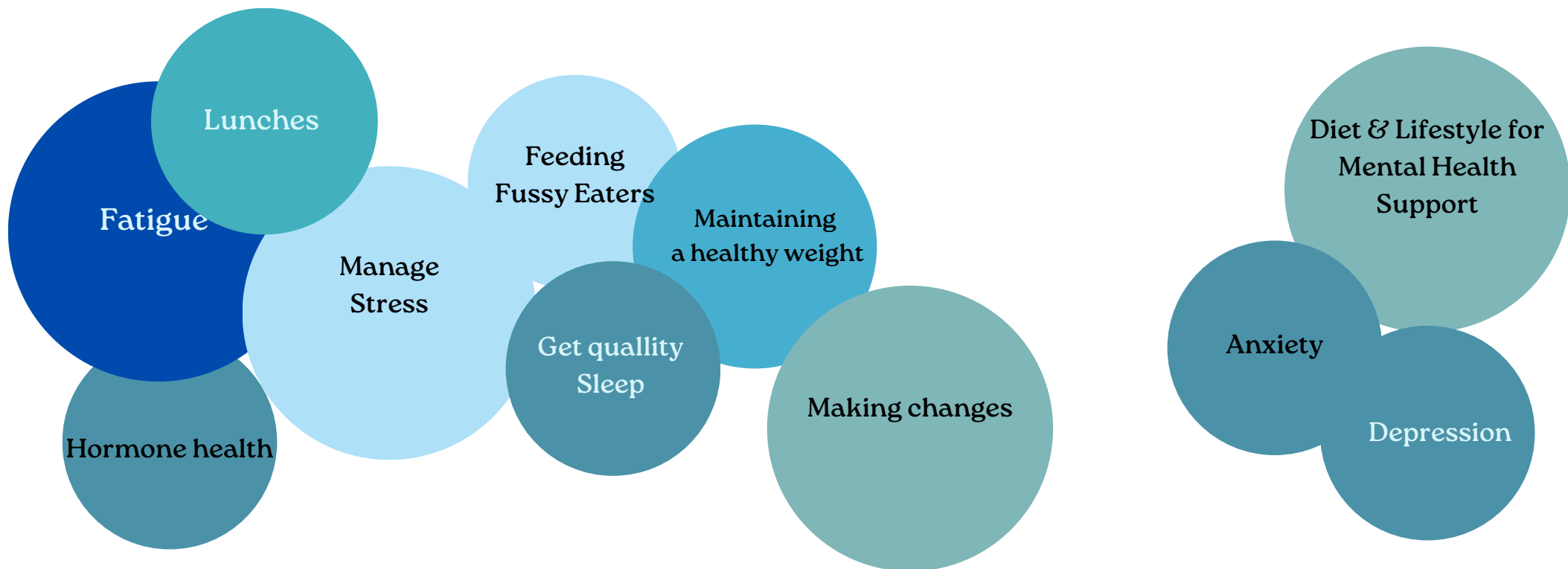
It's important to take care of our health
and appreciate it while we have it.

Maintaining Balance.

In today's fast-paced world, finding the right balance in family life has become more challenging than ever. We're constantly bombarded with information about what's healthy and what's not, making it difficult to make the best choices for both our own health and the health of our families.

This overload of information isn't just overwhelming; it can also have a profound impact on our physical and mental health.

Changing family dietary and lifestyle habits is not easy, but it is possible with patience, perseverance, and the right support.



Balance My Life 4 Pillars of Family Health Programmes.

While each family member has unique nutritional requirements, it is crucial for all to prioritise good nutrition and adopt healthy lifestyle habits to support their physical and mental well-being.

Good nutrition and healthy lifestyle choices can help prevent and manage lifestyle-related chronic diseases.

Balance My Life programmes . The 4 Pillars of Good Physical and Mental Health programmes.

At the core of Balance My Life programmes is a framework that addresses four fundamental pillars of health: nutrition, movement, sleep, and relaxation. Through this holistic approach, we empower individuals with the essential tools to nourish their bodies, incorporate more movement into their daily routines, improve their sleep patterns, and find moments of relaxation to combat stress.

Some of the most popular community talks and programmes:

Individual workshops (1 to 1.5-hour)

- **Eat Well to Feel Well**
- **Food, Mood and the Gut-Brain Connection**
- **Sleep - why we need it and steps you can take to get quality sleep**
- **Stress - How stress impacts our physical and mental health - learn strategies to manage stress**
- **Supporting the Immune system - Building a robust immune system**
- **Readiness for change - being ready for change is essential before we start any new programme - this workshop will help you to identify where you are in the readiness for change process and how to change your habits for better health**
- **Nutrition and lifestyle for menopause. - Supporting hormone health with good nutrition and lifestyle**
- **Cooking demonstrations for parents and community groups- in schools and community centres.**

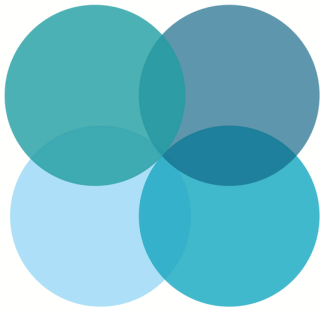
All programmes are customised for the needs and interests of the group.

Some reviews from recent 4 Pillars Workshops..

Attendee feedback from Iron Mill College workshop

"The topics introduced were really interesting and it was clear that Margaret was passionate about nutrition which helped get her message across!"

"the presenter was very thorough and explained everything well"



Nutrition | Movement
Sleep | Relaxation



Nutrition | Movement
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Feedback from Dublin South City Partnership (DSCP)

“Margaret has delivered many workshops, lectures and courses for us at Dublin South City Partnership. Her topics are always interesting, focussed, practical, and delivered and received with enthusiasm! We work with many marginalised groups in the community and Margaret always has insight and sensitivity to pitch the topic at just the right point ‘

A Little about me. Founder of Balance My life!



After a successful career as a Certified Public Accountant spanning many years. I decided to explore alternatives to move away from the corporate world. Fuelled by a passion for health and nutrition I converted this passion into a meaningful career by retraining as a Nutrition and lifestyle coach.

In 2017 I achieved my certification in Nutrition & Lifestyle Coaching and since then I have delivered health and wellness programmes to the education, charity, and business sectors as well as educating, coaching, and supporting individuals, families, and communities to embrace a healthier lifestyle.

At the core of my approach is a framework that addresses four fundamental pillars of health: nutrition, movement, sleep, and relaxation. Through this holistic approach, I empower individuals with the essential tools to nourish their bodies, incorporate more movement into their daily routines, improve their sleep patterns, and find moments of relaxation to combat stress.

My journey as a Nutrition and Lifestyle Coach has led me to a fascination with the intricate connection between nutrition and mental health. I have delved into extensive research, uncovering a compelling correlation between dietary choices and their profound impact on both physical well-being and mental health. The peer-reviewed research findings I've encountered resonate deeply with the transformations I've witnessed in my clients, reinforcing my belief in the power of a balanced diet to enhance mental wellness.

One of my primary objectives is to raise awareness in the community about the profound influence our dietary and lifestyle choices have on our physical and mental health.

Please feel free to contact me for more information about my programmes.

Margaret O'Brien

Nutrition & Lifestyle Coach Dip NLC (IHS) m FNTF

Certificate Counselling & Psychotherapeutic Studies (IICP)

Certificate in Nutrition and Mental Health (University of Canterbury)

Nutritional Therapy (Nutritional Science and Therapeutics) IINH. Completion date October 2024

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