

Workplace Wellness ...



Employers will always get more out of their employees when they take their wellness seriously.

Reserve Your Spot for the popular - Eat Well to Feel Well - January 2024 Workshop!

www.balancemylife.ie

Why Invest in employee health and wellbeing?

It's not easy, the world has become busier, and many employees are juggling work and home life demands, - some are caring for children, elderly parents, or many other demands..

Benefits to employees.

When employers allocate resources for employees to have the time and space to focus on their health and well-being and to receive practical advice on how to **eat** well, **sleep** well, integrate more **movement** into daily life, manage **stress**, and **relax** it can have a positive impact on their physical and mental health.



Benefits to employer.

For many employers, workplace wellness programmes can seem like a big investment to make, but it's sure to pay off in the long term. The working hours you get back and the lack of a need to cover sick pay means that this can be profitable, even if you have to invest in the short term.

Employee workplace wellness programmes shouldn't be complicated.

The problem with many workplace wellness programmes is that they are largely confined to solving problems when they happen, but this still means sick days and a loss of productivity in the workplace, so it is important to promote preventative care such as offering self-care educational programmes. Preventing disease will cost less to the employer than managing it.

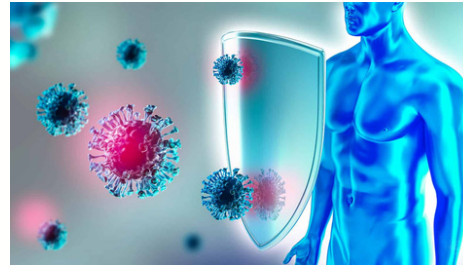


What the research says!



Scientific findings encourage the integration of micro- and macronutrients in a well-balanced and varied diet, accompanied by a healthy lifestyle, for preservation of normal brain function and well-being

Frontiers in Nutrition



Healthy people are more resistant to disease, and often fare better if they are infected.

Good health habits can help your immune system operate at its peak.

Exercise and good nutrition aren't the only habits that can help. You should also try to get consistent, high-quality sleep and manage your stress level.

Lack of sleep and chronic stress can impair immune function.

Harvard Health



Nutritional Treatments: The Next Frontier in Psychiatry

Here's how nutrients can ameliorate psychiatric

The typical Western diet of ultra-processed foods does not adequately meet the brain's nutritional requirements and is a proven risk factor for the subsequent emergence of mental disorders in both adults and children

Nutritional Psychiatry



Nutrition | Movement
Sleep | Relaxation

Some feedback from a recent 4 Pillars Workshop..

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"

"The presentation was easy to follow with illustrations highlighting the theory. The nutrition information was quite complicated and broken down into easy-to-understand facts. "



Nutrition | Movement
Sleep | Relaxation

Get your January 2024 off to a healthy start with this Workshop!



EAT WELL - TO FEEL WELL



The topic of 'carbs' is hotly debated wherever people gather to talk about healthy eating.

Many of those trying to lose a few pounds or eat healthily hold firmly to the idea that 'carbs are bad', without fully understanding their overall importance, including maintaining a healthy weight, and blood sugar balance.

Carbohydrates are our body's preferred source of energy and they supply essential nutrients to our body, including our heart, muscles, and brain.

In this popular workshop, Margaret O'Brien, from Balance My Life will clear up some myths and misunderstandings about carbohydrates, and guide you onto the right path for developing a healthy eating pattern, no drastic weight-loss plans or impossible resolutions just new habits that match your health goals, food preferences, and lifestyle demands.

Forming healthy habits is not just about kicking bad habits, but also creating new, healthy ones.

This Workshop is for:

- ➡ Those looking to shed a few pounds after the holiday season
- ➡ Anyone aiming to kickstart the year with a healthy lifestyle

Contact Mags to book your January 2024 workshop

www.balancemylife.ie

Balance My Life 4 Pillars programmes.

Taking a holistic approach to health means looking at all the elements that impact our health and striving to achieve the correct balance in each area that supports physical and mental health. Balance My Life programmes incorporate 4 pillars that support good physical and mental health, ***nutrition, movement, sleep, and relaxation.***

Balance My Life programmes - Option 1. The 4 Pillars of Good Physical and Mental Health workshop (2-3 hours)



This interactive workshop will demonstrate how the health of your gut can impact the health of your brain, how all 4 pillars of health are connected, and how they work in tandem to keep your body and brain healthy.

You will learn how to eat well, sleep well, integrate more movement into daily life, and learn some strategies to manage stress.

We will delve into how making minor yet impactful changes can significantly enhance your physical and mental well-being, and improve your overall quality of life while reducing the risk of diet and lifestyle-related chronic diseases



Balance My Life programmes - Option 2. The 4 Pillars of Health Workshops (1 to 1.5 hours)

Some of the most popular one-hour workshops:

- Nutrition - Eat Well - To Feel Well - The essential nutrients for optimal health.
- Food, Mood, and the Gut-Brain Connection - The 4 Pillars for good mental health
- The stress response - managing stress with 4 pillars of health
- Sleep - why we need it & steps to get quality sleep
- Supporting the immune system with nutritious food, quality sleep, exercise, and stress management
- Nutrition & Lifestyle for Menopause (new workshop)

All programmes can be delivered online or in person and they will be customised for each group, time will be allocated for Q&A



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. My lifelong passion has always been in health and wellness so 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 across diverse sectors, including 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.

One of my primary objectives is to raise awareness about the impact our dietary and lifestyle choices have on our physical and mental health. By sharing my knowledge and experiences, I hope to inspire positive change in individuals and communities, fostering a healthier, happier, and more balanced life.

Please feel free to get in touch to schedule a complimentary 30-minute consultation. During our discussion, we can explore how my workplace wellness programmes might align with the objectives of your employee wellness programme.

I look forward to the opportunity to discuss these possibilities with you.

Mags

Margaret O'Brien
Nutrition & Lifestyle Coach Dip NLC (IHS) m FNTF
Certificate Counselling & Psychotherapeutic Studies (IICP)
Certificate in Nutrition & Mental Health (University of Canterbury)
Nutritional Therapy (Nutritional Science and Therapeutics) Irish Institute of Nutritional Health (IINH) Completion date
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