



DR nicole roberts
NATUROPATHIC DOCTOR

Corporate Wellness Seminars

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*These may be customized and changed based on your office's preferences.

Format

15 - 30 minute interactive presentation with 10 minutes for questions. Each presentation comes with applicable hand outs for tips on how to put the seminar information into practice at home.

I can also oversee and be a resource for company-wide health initiatives if your workplace is interested (i.e. A Week Long Challenge of No Processed Sugar).

Seminar Topic Templates	
Topic 1	Mental Wellness: Using Diet & Lifestyle for Depression In The Winter Months
Topic 2	Hormone Health: How Your Hormones Affect your Weight, Mood, Libido & More!
Topic 3	The Fractured Mind; Regain Your Focus, Motivation and Memory by Changing Your Habits
Topic 4	Fatigue and Brain Fog: Learn About Underlying Causes and How To Feel Better
Topic 5	Why Your Digestive System is the Key To Excellent Health and How to Support It

The Benefits of Corporate Wellness Seminars

Employer Benefits	Employee Benefits
<ul style="list-style-type: none">• Mentally and physically healthier employees• More productive employees with higher morale• Fewer sick days• Team building around healthy habits	<ul style="list-style-type: none">• Access to sound information from a health care professional• Feeling better mentally and physically; improved self esteem and confidence in performance• Increased job satisfaction• More skills in stress management, healthy eating, mental wellness• Lower cost for acute and chronic health concerns