



DR nicole roberts
NATUROPATHIC DOCTOR

Corporate Wellness Seminars
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The Purpose of My Presentations

The purpose of the work I do in corporate environments is to provide education about the best changes you can make for short and long term health benefits and how to do this **EASILY**.

For many of us, we

- a.) are over **overwhelmed** by the contradictory health advice that exists in the media, OR
- b.) know what to do for our health but still can't find a way to sustainably **change** our behaviours.

As a naturopathic doctor with a medical education, I want to provide education about **SIMPLE** and **EFFECTIVE** ways to keep your staff and their family healthy, while busting myths about health trends that may cause more harm than good. The ultimate goal for you as a participant is to simplify your average day, ensure all your efforts are highly effective for your health, give you peace of mind that you are doing the best you can for your health and to reduce any stress that may come from trying to stay well.

In my private practice I have a clinical focus on Mental Health and Brain Health, which is always weaved in to the education I do; We cannot have a healthy body without a healthy mind.

	Option 1: Seminar [2+ ppl]	Option 2: Workshop [2-50 ppl]
Topic	The 3 Things Changes You Can Make Today that will make the Biggest Difference to Your Physical and Mental Health -Simple and actionable changes that are at the root of our physical and mental health	Create The Best Diet Just For You -Balancing Macronutrients & Micronutrients -When To Eat and Why -Tools to Personalize Your Diet Just For You -How to Adapt Your Eating with Your Family -Answer Questions about Common Diet trends / fads
Format	30 min Interactive Presentation 10 + min of Discussion & Questions Takeaway Materials: Materials on the topic are provided with actionable strategies for participants	45 - 60 min Interactive Workshop with Guided worksheets, Q+A and Discussion throughout Example diets are provided
Rate	\$250 + HST	\$275 + HST

Option 3: Custom Seminar [2+ ppl]		Option 4: Health Challenge [2 -100+ ppl]
Topic	Custom Made Corporate Presentation These presentations can be customized to fit any specific health-weeks you may have. Topics often requested include A Natural Approach to: -Mental Health: Mood, Focus, Memory -Preventing Dementia -Keeping the Family Healthy -Cold & Flu Prevention -Easy Advice for Common Digestive Problems	30 Day Workplace Health Challenge (Can be adjusted to 7 or 14 days*) Most commonly requested include: -The 5-A-Day Vegetable Challenge -Beat My Sugar Addiction Challenge -Kick My Caffeine Addiction Challenge -The Health Weight Loss / Management Challenge -Living With Less Plastic Challenge
Format	30 min Interactive Presentation 10 + min of Discussion & Questions Takeaway Materials: Materials on the topic are provided with actionable strategies for participants	1 30 - 45 min Interactive Presentation to kick off the challenge Provided materials to track and follow the challenge at home Employee access to a private Facebook group for the month monitored by Dr. Roberts, ND twice daily with the purpose to troubleshoot obstacles to sticking with the challenge and supporting each other 1 30 to 45 min Interactive Presentation to End & Celebrate the Challenge; How to stay healthy post-challenge and transitioning back to everyday life.
Rate	\$300 + HST	\$850 + HST

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

Disclaimer: As a Naturopathic Doctor, I do not provide individual medical advice to anyone who is not a patient in a visit setting. This includes prescribing or giving specific advice that goes beyond general diet & lifestyle recommendations to individuals about their specific health conditions.