

# Clemence Cleave Nutrition



**Improving workplace wellbeing -  
working remotely and in the office**

# Clemence Cleave Nutrition

**An extremely cost-effective way to meet your responsibility for staff wellbeing**



Improve physical health



Promote mental wellbeing



Support and celebrate diversity



Increase productivity



Strengthen inclusion & sense of belonging



Build up resilience & engagement



Reduce absenteeism costs



Cut down healthcare costs



*"As an organisation we offer our people a wide range of wellbeing benefits and perks, including an on-site gym. But I wanted to reach people who wouldn't necessarily be the first to join the gym or enrol in classes. Clem's programmes provided exactly that opportunity. Given the sedentary nature of the roles that many of our people do, being able to manage your weight can be a challenge. Clem brings a huge amount of energy and commitment to her classes which is infectious." Toni Graves, Global Head of Reward, Benefits & Wellbeing at Allen & Overy UK*



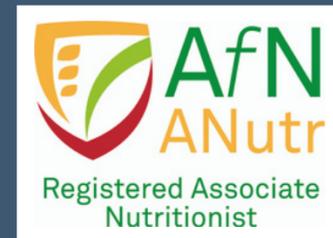
# Clemence Cleave, Nutritionist (MSc, ANutr)

Clemence - or Clem - is French by birth and British by adoption. A registered nutritionist, she specialises in eating behaviours, weight management and wellbeing.

After several years in consulting (EY France, UK and Global), Clem retrained as a chef and as a clinical nutritionist.

She works with corporate organisations to enable healthier behaviours, runs her private practice, speaks publicly on nutrition, and teaches cooking. She is a visiting lecturer at the University of Roehampton.

Her love for food, her expertise in nutrition science and her thorough understanding of human behaviours, together make the perfect combination to inspire people to rethink their diet in a positive way.



*Clem is a Registered Associate Nutritionist with the Association for Nutrition. Registered nutritionists (ANutr and RNutr) and dietitians are the only qualified nutrition professionals recognised by Public Health England and NHS Choices.*

## Clients & Partners



 Clemence\_Cleave

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# Clemence Cleave Nutrition

**We offer three levels of engagement with your organisation:**



**Immediate boost** - popular, one-off events that nudge staff towards positive changes



**Long term** - sustainable diet & behavioural changes delivered through corporate health programmes



**Bespoke Nutrition Services** - organisation-wide nutritional reviews; individual consultations



## Immediate Boost

4 popular one-off events, empowering your staff to make immediate positive changes

- Working from Home
- Wellbeing Challenge
- Food Matters Week
- Trade Secrets

*"A really informative and interesting session. Clem gave us a good balance of science and practical advice. She was engaging, passionate about the topic and expert in her advice. It made me think about my diet in a completely different way!"*

**A participant, Q5 Partners**

*"It has been good to be advised by a qualified nutritionist. The point about not to do an all or nothing approach has really helped me to feel like I can achieve more of my goals than previously"*

**A participant, Allen & Overy**



# Immediate Boost

**4 popular one-off events, empowering your staff to make immediate positive changes**

## **WORKING FROM HOME**

Short and engaging online workshops (45mins) to spark awareness on small changes that will improve overall health while working from home. Ideal for a team meeting or sociable lunch break.

## **WELLBEING CHALLENGE**

Challenge your team to improve their sleep, take control of their hydration, or boost their vegetable intake for a month - and see the immediate results!

## **FOOD MATTERS WEEK**

Once a year, make nutrition the focus. Each day, one highly-effective theme that will change the way your team thinks about their wellbeing.

## **TRADE SECRETS**

Empowering and myth-busting sessions, packed with the latest research. Sorting the wheat from the chaff & highlighting the best approaches to personal wellness. Designed for large audiences, these sessions can quickly get your whole organisation onto the inside track.

## **Our most popular topics for immediate boost events**

- *Why nutrition matters*
- *Nutrition for wellbeing 101*
- *Diversity: many ways of being, many ways of eating*
- *Food for mood*
- *Maintaining high energy*
- *Sleep, jet-lag & stress*
- *Body & mind: the gut-brain axis*
- *Weight loss - what works and what doesn't*
- *Managing menopause*
- *Going plant-based*
- *Hydration for concentration*
- *Clever snacking on the go*
- *Boost your breaks, leverage your lunch!*
- *Mindful eating*
- *Shift work*



## Long Term

Two health programmes run by a qualified nutritionist to deliver organisation-wide wellbeing improvement

**Keeping Healthy** wellbeing programme  
**Worth the Weight** weight loss programme

*"I cannot rave enough about this programme [...] It was completely different from anything I have tried before because it explores our relationship with food and why we turn to it in challenging times. This is not a quick fix. It is a programme for life. I highly recommend it."*

**Sheila, Allen & Overy**

*"This programme starts at the other end of the problem. looks at the big, deeply ingrained behaviours and issues, removes the outrageous goals, claims and rigidity and works to get the client aware of the issues and responsible for changing them"*

**Emma, a participant**



# Long Term

Two inclusive group-based programmes combining nutrition, lifestyle and psychology to achieve long term diet & behavioural changes

## KEEPING HEALTHY

- A group-based wellbeing programme over 3 months. Regular coaching in healthier eating habits and enhanced health.
- Small group allows individual tailoring of support.
- A premium benefit for employees and a game-changer for corporate wellbeing
- 6 x 1hr sessions over 3 months.

## WORTH THE WEIGHT

- Our state-of-the-art weight management programme has delivered stunning results (testimonials available). It combines evidence-based nutrition, cognitive and behavioural sciences with a non judgemental, inspiring and supportive group.
- Strong focus on long-term, sustainable results.
- Extra support for employees who need it most.
- 20 x 1hr sessions over 8 months.
- Further follow-up available

- Small groups (max. 10 participants per group)
- Via Zoom, WebEx, or face-to-face (post-lockdown)
- Continuous support between sessions
- Focus on behavioural changes
- inclusive and tailored
- Recipes and cooking tips
- Handouts and infographics
- Sessions can be recorded and made available if desired



## Bespoke Nutrition Services

### **ORGANISATION-WIDE NUTRITION REVIEW**

- Ensure provision and accessibility of food (e.g., in canteen, vending machines, kitchen, at desk, when WFH) meets health and wellbeing requirements.
- Ensure that diversity is respected and celebrated in the organisation's food provision and eating culture.
- Clem carries out a review of your company's settings and habits to produce a current snapshot and a tailored roadmap for change (from quick wins to strategic improvements), using levers such as choice architecture and nutrition education, to meet employer obligations and to better support your workforce.

### **INDIVIDUAL CONSULTATIONS**

- One-to-one consultations for individuals in your organisation, optimising their specific nutrition (weight management, gut health issues, eating behaviours, sport nutrition, women's health), in full confidentiality.

## Want to find out more?

- Would you like to organise a **free 30min taster session** for your HR team?
- Would you like a **free intro session** for a health programme?
- Would you like to discuss how to integrate some of these services into your wellbeing strategy?
- Any questions?

Drop us an email at

[info@clemencecleavenutrition.com](mailto:info@clemencecleavenutrition.com)

We look forward to helping your teams live their best healthy life!

