



# ROOT & RENEW

NUTRITIONAL THERAPY

***Eat well. Work well.***

Support the physical and mental wellbeing of your workforce and boost productivity, promote creativity and foster happiness.

Show staff they matter with practical, life-changing nutrition advice and coaching, reduce turnover and improve output for your business.

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[www.rootandrenewnutrition.co.uk](http://www.rootandrenewnutrition.co.uk)



# About Me

## Hello, I'm Ruth

**I'm a reformed workaholic who ignored her health.**

Before becoming a nutritionist I worked in large corporate and charity environments. I led large teams and shouldered a lot of responsibility. While I enjoyed my work, I ignored my persistent digestive challenges and the impact of stress on my mental health.

I became anxious, irritable and frankly a much less effective employee. I questioned my decision making, lost my enthusiasm as a leader and could not fulfil my role well.

I'd used nutrition before to resolve physical health challenges but I hadn't joined the dots with how it impacted my mental wellbeing until now.

When I understood what my body needed - and what I wasn't giving it - I was able to change habits and improve both my physical and mental wellbeing. It was revolutionary.

I went back to college for 3 years to become a registered nutritionist and be able to help others do the same.



But it's not all green smoothies and protein shakes. Far from it.

**I'm a very realistic nutritionist**

The work I do is grounded in science AND practicality.

Your employees have to know WHICH things will make the biggest difference to their health and WHY.

Crucially, they have to know HOW to implement changes that work with their lives.



KEEP YOUR MENTAL WELLBEING  
BANK IN THE BLACK

# HOW I CAN HELP YOUR EMPLOYEES

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## TALKS & WORKSHOPS



These can fit into a team day, lunchtime session, or as part of a national awareness campaign.

They may support the introduction of new policies on topics such as mental health or menopause.

In-person and online options are available.

## POPULAR TOPICS

- Stress-busting nutrition
- Supercharge your energy
- Good mood food
- Sleep like a baby
- Digestion 101 - gut talks
- Menopause matters
- Men's Health



# POP-UP CLINICS

These enable your staff to access me on a 1:1 basis and get individual, practical advice to help resolve their own health challenges.

These can be done in-person or online and usually run for a whole day.



# BESPOKE PACKAGES

- Leadership team 1:1 diet & lifestyle coaching
- Themed programmes of activity with collaborators | partner with e.g. mental wellbeing

Pricing is bespoke. However talks start at £350 and 1:1 pop-up clinic days at £700.

Please get in touch to discuss.





# TESTIMONIALS



**I'm an experienced presenter, facilitator and health coach. Recent clients have said....**

“

**Joanna Randall,  
Managing Director,  
Purplefish**

As a busy communications and marketing agency we don't have time for complex food preparation and rarely thought about the difference food could make on our mood and productivity.

Ruth hosted a really engaging session and showed us all which habits REALLY make a difference to how we feel and how to practically implement them. We learned a lot and we are really enjoying putting some of those habits into action.

Ruth recently provided an insightful and professional presentation on Nutrition for Wellbeing through my company, Ripples Wellbeing. Her skill set permitted her to present lots of information in an accessible manner, with participants taking huge amounts away. Ruth is someone I would wholeheartedly recommend for talks and workshops.

“

**Heidi Chapman-Mercer,  
Ripples Wellbeing**

“

**Julie Swann,  
Director,  
SwannFit**

I recently attended a talk led by Ruth and it was absolutely brilliant. Ruth gave just the right amount of evidence based scientific explanation to educate you on what your body is doing with food, before applying that information to normal everyday life and the realistic eating habits of the average person. She has given me loads of useful tips and practical pieces of knowledge - highly recommend.



## SAY HELLO



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