

Eat – Sleep – Work – Repeat

Overview

Are you struggling with the 'creeping kilograms?' Many of us find that not only has our weight increased over the last few years but the diets either no longer work or become harder and harder to commit to.

This session will help you re-evaluate your approach to losing weight and give you the foundations for creating a plan that makes it easy for you to reach and maintain a weight that feels right for you.

Take away a tool that will enable you to assess your eating type, whether you are a protein or carbohydrate based eater, and eating style, whether you prefer to be a grazer or three meals a day, and develop an eating plan that works for you.

Learning objectives

You will have the opportunity to:

- Explore the myths and reality of losing weight
- Examine self-defeating eating habits and how to replace them with energy enhancing food
- Learn about one change you can make today that will not only help you lose weight but improve your ability to think and manage your emotions more constructively

Who should attend?

Managers and staff at all levels.

Format

A bite-sized session for up to 15 people.

The expert trainer

Elizabeth leads our coaching practice, Maximum Coaching. She has particular interests in neuroscience and in healthy living. A former scientist and biology teacher, her many qualifications include a Certificate in Health and Wellness Coaching. She is an ICF Master Certified Coach and a marathon runner. She doesn't just walk the talk – she runs it!

She has over 25 years' public and private sector experience in the UK and abroad. She started her career in scientific research and then worked in a number of academic and business environments.

Her previous roles included co-founding a training and consultancy partnership that focused on developing leaders and managers in private and public sector companies and as a consultant to head up learning and development for the Bermudian Civil Service.

She joined the UK Legal Services Commission in 2000 where she became Head of Learning and Development, leaving them in 2013 to join Maximum Coaching as Lead Consultant.

Elizabeth's clients include 10 Downing Street staff, the NHS, Royal Museums, various housing associations, Eurostar, BNP Paribas, S&P Global, Performing Rights Society, London Business School, De Lage Landen, BIG Lottery Fund, UK Power Networks, Trainline, Pearson, Ceres Power, Société Générale, House of Fraser, London Borough of Hackney, British Council, London Waste, Coty, Electricity North West, Fortem, London Executive Offices, Nestlé, Stevenage Leisure, the British Council, EUSAPharma, The Wine Society, etc, etc.