

Nutritional awareness

Overview

Many of us are concerned about what we eat. For some of us, it's a question of losing weight. For others, it's about boosting energy levels and feeling better. And for the rest of us it's simply a growing awareness that what we're eating probably isn't good for us and we could do better.

Take away a fresh approach to eating, based on science not headlines, that you can make work for *you*.

Learning objectives

In this session you will find out:

- Why you shouldn't believe what you read in the papers about healthy eating – and why you should read the food labels instead
- What you really need to know about sugars, fats and 'five a day'
- Why diets do more harm than good
- How an 8-point action plan will help keep you fit and healthy – and help you shed a few pounds too

Who should attend?

Anyone curious to know how much is right for them and whether less might be better.

Format

A bite-sized session for up to 15 people.

The expert trainer

Richard is a scientist by background – he worked originally in oil and coal exploration, and on research into the indoor environment, for which his work was recognised internationally – and this explains his clear thinking and emphasis on evidence-based pragmatic solutions to individuals' issues now that specialises in the science of happiness and fulfillment.

In 2012 he gained his PhD in esoteric studies with his dissertation on a new understanding and model of happiness – the Physics of Happiness. This model gives a powerful and ecological foundation for his approach to helping people change their behaviour, achieve their goals, and heal the symptoms of disease.

He is a stimulating and thought-provoking speaker, hypnotherapist, NLP coach and trainer. As well as working with individual clients, he has many years' experience of running workshops for client organisations (particularly the NHS).

Richard is a Master and Accredited Trainer in NLP, a Master and Accredited Trainer in Time Line Therapy, past supervisor for the London College of Clinical Hypnosis, a qualified Life Coach and founding chairman of the Harpenden Professional Development group for mind-therapy practitioners and students. He is also an Annual Visiting Lecturer on 'Mind and Environment' on the MSc course on Intelligent Buildings at Reading University.