



Well Within

Corporate Nutrition Program

*Bringing Wellness into the
Workplace*



Well Within

Well Within facilitates workshops and classes for individuals and companies who want to improve their wellness on all levels –
Mind, Body and Spirit.

www.wellwithin.community

Program facilitator



Caitlin Wheat
Naturopath & Meditation
Teacher

Caitlin is an Australian Naturopath and Meditation teacher, living in Chile for the past 6 years. She began her career in the corporate world and has had many positions from administration assistant, to commercial manager so understands the environment her corporate clients work in. In her work as a naturopath she looks holistically at each client and helps them to understand their health problem at a root cause level. Her meditation programs also assist clients to understand themselves and are empowered to improve their mental health with techniques designed to suit their specific needs.



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Program Outline

Week 1 - Nutrition basics - 1 hour

Class content:

- Introduction to nutrition
- Macronutrients and micronutrients
- What constitutes a healthy diet

Participant Outcomes:

- Basic understanding of nutrition principles
- Handouts on nutrition

Week 2 - Reduce Stress - 1 hour

Class content:

- Stress and its affect on the body
- How food affects stress
- Discussion about emotional eating
- What foods can help reduce stress

Participant Outcomes

- Understanding how stress may be affecting them, not only mentally and emotionally but physically
- Understanding of nutritional strategies for reducing stress
- Recipes including the foods mentioned

Week 3 - Concentration & Focus - 1 hour

Class content:

- Introduction and check in of what they learned from previous week
- Discussion on concentration and focus and how food can affect this
- What foods can help to improve concentration and focus

Participant Outcomes:

- Understanding of nutritional support for concentration and focus
- Recipes including the foods mentioned

Week 4 - Nutrition Plan

Class content:

- Introduction and review of the past 3 weeks of learning
- What is a nutrition plan
- Discussion of different aspects of a nutrition plan
- Time to discuss their own issues with Caitlin and adapt their plan to their needs
- Time for developing their nutrition plan

Participant Outcomes

- Complete nutrition plan that is practical and suited to their needs

What is required by the participants throughout the program

- Be open minded to learn new skills
- Notetaking
- Interaction with Caitlin

Equipment required

- Notepads and pens
- Internet and connection to Zoom