

ARDERE CORPORATE WELLBEING 2023

A strategic dose of wellness to evoke the
glow in your workforce.



ARDERE[®]
WELLBEING

OUR CLIENTS + MORE



We can provide any of the services listed in this brochure for your company and employees, whether you would like just one service or a combination.

AS FEATURED IN





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STATISTICS

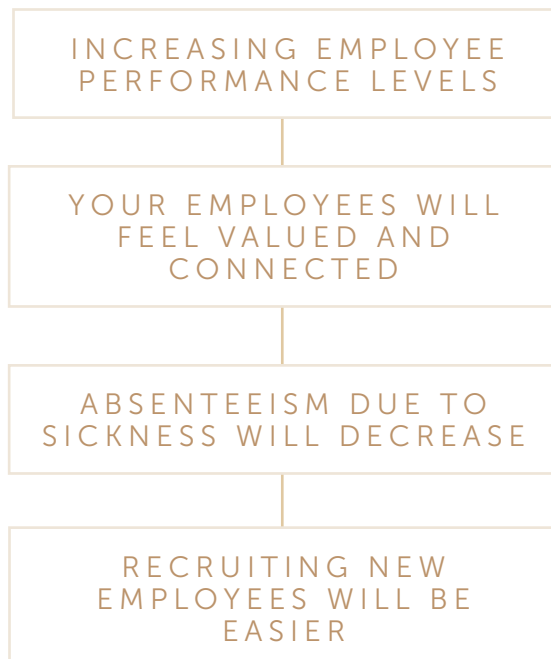
“Organisations with highly effective health and productivity programs report **11% higher revenue per employee**, 1.8 fewer days absent per employee per year and **28% greater shareholder returns**” (Buffett National Wellness Survey)

“Of employers offering wellness programs, 67% reported increased employee satisfaction, **66% reported increased productivity**, 63% reported increased financial sustainability and growth and **50% reported decreased absenteeism**” (IFEBP)

“61% of employees are burned out on the job. The **top 5** symptoms causing missed work days: constant fatigue, sleeplessness, aches and pains, high anxiety + weight gain”
(Careerbuilder, 2017)

HOW ARDERE CAN HELP YOUR ORGANISATION

We know how challenging it can be to find the time during our busy working lives to dedicate to ourselves, which is why we are so passionate about removing this obstacle and bringing it all to you at work. Our workshops offer useful tools and scientific insights that employees can implement both in and out of the workplace.





MEET THE EXPERTS

ARDERE is a luxury wellbeing and lifestyle company that takes a 360 degree approach to wellness, and is founded by sisters Nicole and Lauren Windas.

ARDERE has poignant beginnings. Whilst Nicole suffered with stress and anxiety in her early twenties, in 2012 co-founder Lauren was diagnosed with Myalgic Encephalomyelitis (more commonly referred to as M.E. or Chronic Fatigue Syndrome). They were determined to treat themselves as naturally as possible, and discovered that by making specific

dietary and lifestyle changes, they were able to alleviate and overcome many symptoms. "Our collective passion became sharing our knowledge with others. Our approach to wellbeing promotes a different way of living, that defends you against stress, anxiety and illness, and allows you to emerge as the truly healthy, happy person you deserve to be."



LAUREN

Registered Nutritionist (mBANT) and Naturopath (ND) (dipNCFED), Author & Master Practitioner in Eating Disorders & Obesity

Lauren Windas works individually with clients in her private clinic to assess their long-term health goals. In addition, she frequently attends workplaces to educate and inform employees about the importance of lifestyle when it comes to wellbeing.

Lauren's clientele often comprises of busy city workers who are suffering with fatigue, digestive distress and burnout, and she coaches them on how they can adopt simple changes to their diet and lifestyle in order to overcome the challenges that they are facing with their health, so that they can emerge as a healthier and more productive version of themselves.



CATIA

Registered Nutritionist (mBANT) & Psychologist

Catia visits companies on a weekly basis providing educational workshops on nutrition and how to support your mental health. As a BANT/CNHC Nutritional Therapist and Psychologist she helps clients with varied complex health concerns.

When it comes to Nutrition and functional testing, her main passion is in supporting those with gut health issues, stress, fatigue and burnout, sleep imbalances, weight management as well as mindful eating, and she also uses her background in psychology to support clients in regard to their relationship with food.

As a leading Psychologist (with 11 years experience), Catia also offers mental health talks and much more.





WORKSHOPS & WEBINARS

All workshops take place in a 1 hour session either in-person or via webinar format, hosted by one of our experts. Workshops include a Q&A so that attendees can get their burning questions answered at the conclusion of the talk.

THE TALKS



STRESS & SELF-CARE:
HOW TO COMBAT STRESS



FIGHTING FATIGUE?
MAXIMISE YOUR
ENERGY THROUGH
NUTRITION



SUPPORTING YOUR MENTAL
HEALTH: HOW TO BOOST
MOOD, FOCUS & BRAIN
FUNCTION WITH THE POWER
OF NUTRITION



RESTORE YOUR
GUT HEALTH



HOW TO SUPPORT
YOUR IMMUNE
SYSTEM NATURALLY



HOW TO STAY HEALTHY
WHEN WORKING FROM
HOME & INCREASE
PRODUCTIVITY



HOW TO HOLD A
HEALTHY RELATIONSHIP
WITH FOOD



HOW TO EAT WELL
ON A PLANT-BASED
DIET



HOW TO EAT WELL
ON A BUDGET

See the back of brochure for the breakdown of each talk.

BESPOKE CORPORATE WORKSHOPS

Want something bespoke?

Whether you're looking for a bespoke talk, or a half day/ full day interactive workshop or retreat we can create something unique for your team, whatever your goal.





1:1 NUTRITION MOT

With our expert leading team of Nutritional Therapists

Show your work force you care by investing in a life-changing personalised health assessment that will not only improve their own health and happiness but achieve desired results in the office.

Each of your employees will have their own personal health goal which may range anything from sorting out their energy levels for good so they have better focus and productivity at work, to helping them improve their mood, weight management or digestive health troubles, the possibilities are endless.

THE FORMAT

There are two ways in which we can deliver the Nutrition MOT's for your work force.

- **IN-PERSON:** If you have use of a private office or space in which our Nutritionists can come in and deliver 1:1 consultations
- **VIDEO-CONSULTATION:** If your employees work from home or you wish for them to have the consultations outside of office hours, our Nutritionists can deliver the 1:1 consultations via Zoom

STRUCTURE

The consultation takes place in a one hour 1:1 session.

- **QUESTIONNAIRE & HEALTH GOAL:** Prior to the consultation the employee is required to fill in a health questionnaire as well as declare their health goal and what they want to achieve out of the consultation
- **CONSULTATION:** Our Nutritional Therapist will provide a full health MOT and provide them with nutrition and lifestyle interventions as well as any supplement and testing recommendations (if necessary) in order to help them achieve their health goal. The employee will be left with a clear understanding on what steps they need to implement in order to address their health concern and achieve optimum health



1:1 (THERAPY) MENTAL HEALTH MOT

With our expert leading team of Psychologists

HOW THERAPY CAN HELP

Show your employees you care about their wellbeing by investing in a (or a series of) therapy session(s).

Everyone can benefit from having someone to talk to. There are times when the challenges of life can make us feel isolated and overwhelmed, and it may feel difficult to talk about how we feel to those who are closest to us.

Therapy provides a safe, non-judgemental space where your employees can express, unload and release any thoughts and feelings that are weighing them down and move forwards feeling lighter and ultimately happier.

Our therapists use evidence-based psychological techniques including CBT. Eradicate negative thinking patterns, identify and uncover mental blocks, along with breaking free from self-sabotaging behaviours leading to life-changing results and enabling them to become the best version of themselves.

THE FORMAT

There are two ways in which we can deliver the therapy sessions for your work force.

- **IN-PERSON:** If you have use of a private office or space in which our Psychologists can come in and deliver 1:1 consultations
- **VIDEO-CONSULTATION:** If your employees work from home or you wish for them to have the consultations outside of office hours, our Psychologists can deliver the 1:1 consultations via Zoom or via telephone

STRUCTURE

The consultation takes place in a one hour 1:1 session.

- **QUESTIONNAIRE & HEALTH GOAL:** Prior to the consultation the employee is required to fill in a mental health questionnaire as well as declare what they want to achieve out of the session
- **THERAPY SESSION:** Our Psychologist will provide a full Mental Health check-in, be a voice to listen to and offer effective strategies in order to help them work through any concerns they have and achieve a better state of happiness.



MOVEMENT & MINDFULNESS ACTIVITIES

We offer a range of restorative workouts and mindful activities for your team. From indulging in a bespoke group yoga class to meditation, we can facilitate a dose of mindfulness to support your teams mental health, physical wellbeing and stress levels.

ACTIVITIES

Our trained experts will come into your company and deliver any of the activities below.



YOGA



PILATES



MEDITATION



SOUND HEALING



MASSAGE, FACIALS & MANICURES

Has your team met their targets or do you simply want to boost company morale? Treat your employees to these luxury perks!

TREATMENTS

Want to provide your team with some self-care? We can provide treatments whilst your employees *work at their desks*, from upper back and shoulder massages, to manicures and hand reflexology **or** our therapists can set up *in a private room in your office* to provide full body or head and shoulder massages, facials, a manicure station or foot reflexology.



MASSAGES



HAND OR FOOT
REFLEXOLOGY



FACIALS



MANICURES



CORPORATE CLIENT & EMPLOYEE GIFTING

Wellbeing gifts for special clients or employees during the Christmas or bonus time of year. Buy at wholesale price when buying in bulk.



**AROMATHERAPY
CANDLES**



**BATH, BODY &
SKINCARE**



GIFT SETS

Ask to see the corporate and employee gifting brochure for more details.



ARDERE BENEFITS

Self-care treats for your team

When booking any service within this brochure your employees will receive a 25% discount off any of ARDERE's self-care products listed on ARDERE.COM.

25% OFF

Discount will be provided to your company contact/HR department who can email the code to your team/colleagues.

APPENDIX

Breakdown of corporate talks
and webinars in detail



ARDERE[®]
WELLBEING



STRESS AND SELF-CARE

How to Combat Stress and Boost Energy the Natural Way

INTRODUCTION

This 1 hour talk (including Q&A) will put into context the modern-day crisis of stress and fatigue in 21st-century life, with a discussion on how this can affect our wellbeing. Our registered Nutritionists will provide diet and lifestyle strategies on how you can tackle stress and increase your energy levels for good.

WITHIN THIS TALK WE...

- Define stress (a physical or mentally perceived threat) and provide statistics on stress today
- Cover the types of stressors we are exposed to and the differences between acute stress and chronic stress
- Discuss the science of how our body reacts to stress, i.e the sympathetic nervous system response versus the parasympathetic response
- Discuss the effects of stress on overall health e.g. how it impacts our energy, gut health, can lead to weight gain, a rise in skin and autoimmune conditions
- Discuss the effects of stress on our mood and behaviour, covering how our mood changes as well as harmful dietary habits that can result due to stress
- Activities we can encourage specifically within the workplace to reduce stress levels
- Cover how to combat stress and increase energy holistically, covering diet and lifestyle strategies:
 - Regulating blood sugar levels with specific foods
 - Encouraging high fibre intake with examples
 - Avoiding stimulants both dietary & lifestyle related
 - Importance of sleep
 - Timely exercise
 - Mindfulness techniques
- Q&A





FIGHTING FATIGUE? MAXIMISE YOUR ENERGY THROUGH NUTRITION

Learn the Natural Way to Fight Fatigue and Eat Well

INTRODUCTION

This 1 hour talk (including Q&A) gives a detailed look at the fatigue and burnout epidemic in 21st century life, discussing the problem that tiredness is having on public health and wellbeing. Our registered Nutritionists will discuss the importance of a healthy diet when it comes to fighting fatigue and becoming the best version of yourself.

WITHIN THIS TALK WE...

- Contextualise the fatigue epidemic in 21st century society, offering statistics on how tiredness impacts workplace productivity.
- Discuss the different types of tiredness: mental, emotional, physical and environmental tiredness. Different types of tiredness have different qualities and factors that play a role.
- Talk about the knock-on effects that fatigue can have in our professional and personal lives, and why its so important to address.
- Cover diet and lifestyle strategies that can be implemented to fight fatigue and boost energy and productivity:
 - A look at sugar and how to regulate blood sugar levels with specific foods. Foods to eat and foods to avoid.
 - Foods and nutrients to consume for improved energy. Recipe and snack ideas.
 - A note on alcohol and our recommended weekly unit intakes (we discuss how alcohol plays a large role in fatigue)
 - Avoiding stimulants
 - Hydration & energy
 - Lifestyle tips to make dietary change - this touches heavily on routine, organisation and most importantly mindset.
 - Stress, sleep and technology
 - Exercise, pacing and energy
 - Supplements to consider: we list the most effective supplements to optimise your energy levels.
 - Q&A





SUPPORTING YOUR MENTAL HEALTH

How to Boost Mood, Focus & Brain Function with the Power of Nutrition

INTRODUCTION

In this 1 hour talk (including Q&A) you will learn strategies to support your mental health naturally from our Nutritionists. Learn all about the brain and nervous system, statistics on mood disorders, the gut-brain connection, how cognitive decline happens and most importantly, what we can do when it comes to diet and lifestyle in order to take action on our mood, focus, and brain function to live a healthier and happier life.

WITHIN THIS TALK WE...

- Contextualise some key statistics on mood disorders, including depression and anxiety.
- Walk through some fun facts on the brain and nervous system, including what it means to have a "healthy brain".
- Explore the process of cognitive decline and what happens to the brain as we age, while highlighting how common neurological conditions arise such as Dementia and Alzheimer's disease.
- Highlight the gut-brain connection and why gut health is so important when it comes to mood and brain health.
- Discuss how diet impacts brain chemistry.
- Uncover key nutrients and foods required for good brain and mental health, including:
 - Protein
 - Slow-releasing carbohydrates
 - Essential fats, including omega-3 fatty acids
 - Greens and cruciferous vegetables
- Talk about why anti-inflammatory spices are excellent for introducing into your cooking for good brain health.
- Foods to reduce for the health of our neurotransmitters (i.e brain chemicals).
- Examine the MIND diet for reducing cognitive decline.
- Highlight the importance of lifestyle when it comes to boosting mood and brain power, including some key tips to employ into your routine, including:
 - Exercise
 - Switching up from a sedentary routine
 - Meditation and breathwork
 - Journaling
- Q&A





HOW TO EAT WELL ON A PLANT-BASED DIET

Thinking about going plant-based? Learn how to eat well and avoid nutritional deficiencies when adopting this type of lifestyle.

INTRODUCTION

In this 1 hour talk (including Q&A) from our Nutritionists you will learn about plant-based living, the pros and cons of going plant-based, how to avoid becoming deficient in certain nutrients if you are plant-based, as well as key plant-based foods that we all should be incorporating into our kitchens, and building a balanced plate of food when eating plant-based.

WITHIN THIS TALK WE...

- Explore what a plant-based diet is.
- Highlight the difference between plant-based living and veganism.
- Discuss the pros and cons of going plant-based.
- Highlight why people opt to go plant-based in order to support the environment.
- Uncover how going plant-based can affect gut health.
- Highlight ways to avoid becoming deficient in key nutrients if you are plant-based.
- Emphasise some nutritious plant-based foods to incorporate into your kitchen.
- Discuss how to build a balanced plate of food when going plant-based, including how to implement sufficient quantities of protein and essential fats.
- Provide some plant-based recipe and meal ideas.
- Discuss key take-away tips if you are considering going plant-based.
- Q&A





RESTORE YOUR GUT HEALTH

How to Tackle Digestive Distress and Boost Mood Naturally

INTRODUCTION

This 1 hour talk (including Q&A) will discuss the importance of having a healthy digestive system in relation to achieving optimum physical and mental health. Our registered Nutritionists will provide specific and measurable goals that can be implemented in order to combat symptoms of IBS and low mood, so that you can emerge as the productive and truly happy person that you deserve to be.

WITHIN THIS TALK WE...

- Introduce the digestive system and the organs involved in the functioning of the gastrointestinal (GI) tract.
- Discuss the latest research on the 'gut-brain axis' and how our gut is now being referred to as the 'second brain'. This explains why cognitive decline and low mood are interrelated with poor gut health.
- Define the term 'microbiome' and the role of the bacteria that reside in our gut. We discuss how these tiny bugs play a role in every system of the human body, and how they can be disruptive to overall health when out of balance.
- Cover reasons why the gut may become imbalanced and the major signs of poor gut health (e.g IBS, mood and anxiety problems, skin concerns, bloating, bad breath).
- Discuss diet and lifestyle strategies that are targeted to improve digestive health and boost our mood:
 - A walkthrough of the process of digestion. Digestion starts from the moment we see and smell food, as well as chewing the food in our mouth. We cover the importance of chewing properly and steering clear of stress when we are eating.
 - Define the difference between a food intolerance and food allergy. We take a thorough look at suspected food triggers when it comes to poor gut health.
 - Foods to eat and foods to avoid.
 - The benefits of fibre on gut health and mood.
 - Supplements to consider: we list the most effective supplements to optimise your digestive health. These include probiotics, prebiotics and digestive enzymes.
 - Importance of reducing stress.
 - Simple lifestyle hacks that can be introduced to improve gut health (including mindfulness strategies).
 - Q&A





HOW TO SUPPORT YOUR IMMUNE SYSTEM NATURALLY

How to stay resilient against external forces

INTRODUCTION

In this 1 hour talk (including Q&A) by our Nutritionists you will learn strategies to support your immune system naturally. Understand how the immune system functions in neutralising pathogens, as well as some myths that surround immune health. Discover dietary and lifestyle interventions that you can employ at home to support your body's immune defences.

WITHIN THIS TALK WE...

- Contextualise the surge in interest around immune health due to the Coronavirus pandemic.
- Establish the difference between the immune system and immunity.
- Discuss the various types of pathogens such as bacteria, viruses, fungi and parasites, and how these all can impact our health.
- Uncover the two divisions of immunity, from the innate to the adaptive immune system, talking through the various levels of bodily defenses.
- Discuss what happens from the moment you cut your finger, get the flu or burn your arm as we walk you through the processes of inflammation and fever.
- Explore common disorders of the immune system, from overactivity disorders such as autoimmunity to immunodeficiency syndromes such as HIV / AIDs.
- Establish the role of the gut within immune health.
- Debunk common immune system myths.
- Examine the role of nutrition in immune health, paying focus to specific nutrients and foods to consume, as well as foods to avoid.
- Guide you on how your lifestyle can influence the health of your immune system, discussing the role of exercise, sleep and stress.
- Discuss the hygiene hypothesis and highlight some key habits to adopt for supporting immune health.
- Highlight the key supplements that have garnered research for their role in supporting the immune system.
- Q&A





HOW TO STAY HEALTHY WHEN WORKING FROM HOME & INCREASE PRODUCTIVITY

Enhance your effectiveness and boost productivity when working remotely and independently

INTRODUCTION

In this 1 hour talk (including Q&A) by our Nutritionists you will learn how to stay healthy and increase productivity when working from home. Understand the best nutrition strategies when working remotely, including how to build a balanced plate and plan your meals from the comfort of your own kitchen, as well as how to incorporate mindful eating strategies in your home office and employing lifestyle hacks to keep your body moving and brain focused throughout the working day. Learn the best ways to manage your calendar and working diary to be effective when working from home, as well as how to implement the most effective morning routine to shake off sleepiness and bring in motivation and boundless energy for the working day.

WITHIN THIS TALK WE...

- Contextualise the latest statistics around the work-from-home environment
- Establish the pros and cons of working from home
- Discuss how to implement the most effective morning routine
- Teach you how to set boundaries for a productive work environment
- Explore the concept of "timeboxing" for good calendar management
- Walk through lifestyle strategies such as "switching" and getting outdoors to establish time away from the screen
- Uncover ways to eat well from home, including:
 - Establishing healthy eating habits such as stimulus control, meal prep organisation and batch-cooking
 - The importance of blood-sugar balancing and how to achieve this
 - Building balanced plates
 - Key nutrients to consume to stay healthy and energised at home
 - Smart snacking options to enjoy at home
- Discuss mindful caffeine consumption for effective working from home and some beneficial non-caffeine swaps
- Uncover lifestyle hacks to keep the body moving and enhance brain focus throughout the working day, including:
 - Exercise
 - Switching
 - Sleep
 - Hydration
 - Taking regular breaks
- Q&A





HOW TO HOLD A HEALTHY RELATIONSHIP WITH FOOD

How to hold a healthy relationship with food when exposed to diet culture and navigating health goals

INTRODUCTION

In this 1 hour talk (including Q&A) by our Nutritionists you will learn how each and every single one of us has a unique food script and a complicated relationship with food that often stems from our environment, upbringing, entrenched habits which can also often be compounded by life experiences, industry mixed-messages and social trends. Learn how to achieve your health goals by having key nutrition myths busted and answered once-and-for-all, while being empowered on how to navigate a diet culture landscape and find a balanced relationship to food that enables you to stay healthy and live well in the process.

WITHIN THIS TALK WE...

- Contextualise some key dieting trends
- Juxtapose how society eats today versus how our ancient ancestors ate
- Explore what a healthy diet is and how this looks
- Highlight what a balanced plate of food looks like and how to achieve this, with focus to the key macronutrients:
 - Protein
 - Carbohydrates
 - Fats
- Explore why we find it so difficult to keep to a healthy way of eating, including:
 - Time and convenience factors
 - The costs
 - Lack of education
 - Taste
 - Industry-mixed messages
 - Trends and social reasons
 - Lineage
 - Trauma and comfort habits
- Discuss stress and your relationship with food:
 - How stress makes us crave junk foods
 - How we eat to attain temporary reward feelings, such as eating to get a neurotransmitter fix e.g. serotonin, dopamine
- Highlight diet culture and how has the health industry played into problematic relationships with food
- Talk about how to navigate diet culture, including top tips to implement to protect yourself from the harms of this
- Explore some myth-busting so that you can stay educated on how to approach food in a healthy way
- Discuss how to read nutrition labels effectively
- Talk about the difference between disordered eating and eating disorders, while also discussing body image, self-love and how to improve this.
- Highlight some key takeaway tips for adopting a life-long and balanced, healthy relationship with food
- Q&A





HOW TO EAT WELL ON A BUDGET

Learn smart shopping ideas, from healthy supermarket swaps to how to read food labels

INTRODUCTION

In this 1 hour talk (including Q&A) by our Nutritionists you will learn how to eat healthily whilst on a budget. Your employees will leave full of inspiration after this talk and the knowledge of what foods to buy and why these are the healthier choice whilst also learning how they can save money on their supermarket shop during the cost of living crisis.

WITHIN THIS TALK WE...

- Contextualise the cost of living crisis & how much the average person spends on a food shop each week
- Explain the healthiest food staples to have in your cupboard
- Explore the supermarket swaps you can make which are healthier and are more cost effective
- Tell you what the healthiest foods you can buy for under £1
- Explain what foods you should buy in bulk
- Show you how to hack the supermarket
- Provide inspiration on family meals you can make for under a tenner
- Let you know what the best deals in the supermarkets are right now
- Show you the best and most cost effective high-street lunch options
- Cover organic vs non-organic: what foods you should prioritise
- Show you how to read and understand food labels
- Explore 101 batch cooking
- Explain why you should eat seasonally
- Q&A





GET IN TOUCH

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