

## Nutrition coaching

Delivering individual and bespoke consultations,  
online or on-site to your staff.

Popular with companies and local authorities, these sessions empower individuals to find their unique and optimal eating pattern. Drawing from in-depth knowledge in nutrition and behavioural science, this highly cost-effective intervention delivers lasting improvements for your staff.

- weight problems
- gut issues
- women's health
- sports nutrition
- vegan/vegetarian

*"Thank you again for providing outstanding advice, I really appreciate you taking the time to speak with me"* Ryan, Richmond Council

*"Thank you for our session today and for sharing so insightful advice. It makes so much sense now!"* Sarah, Wandsworth Council

### more info:



Clémence Cleave (MSc, RNutr) is a registered nutritionist, published author, trained chef, lecturer and public speaker on food, nutrition and public health matters. She works with individuals, groups and organisations, empowering people to improve their health and holistic wellbeing.

