



Corporate Nutrition Seminars



A crucial offering for companies striving to be an 'employer of choice'

Our Corporate Nutrition Seminars will improve your team's nutrition knowledge, food choices, health and productivity. Our seminars are interactive and enjoyable, so more of your staff will actually want to attend and will leave with simple strategies to improve their everyday choices.

We have a team of highly qualified and skilled Dietitians ready to train up your staff. Our nutrition presenters are highly regarded and experienced within the corporate field, elite sporting arena and media fraternity. Our Executive Presenter, Leanne Hammond, has worked with the Australian Rugby Union, Queensland Academy of Sport and several major companies, and is a regular nutrition expert for Brisbane Extra, 612 ABC and industry conferences.

Our Most Popular Nutrition Topics

Achieve and maintain a healthy weight

- Learn how to spot a 'fad diet'
- Explore the hormonal effects of 'yo-yo' dieting
- Gain practical strategies to achieve and maintain a healthy weight long term

Brain foods

- Find out which foods boost alertness and productivity
- Find out the truth about 3pm sugar cravings
- Learn how caffeine, alcohol, smoking and energy drinks actually affect energy levels
- Learn how to maintain your brain power throughout the day

Filling foods

Find out how glycaemic index, fibre and water can sustain your energy levels and help keep you fuller for longer

Preventing diabetes, heart disease and cancer

This session educates staff on preventing and managing Australia's most prevalent diseases. This powerful presentation really hits home and is guaranteed to motivate your staff towards healthy lifestyle changes.

Supermarket sleuth

Staff will leave this session with the ability to read and interpret the nutrition labels on packaged foods. This will enable them to compare different types and brands of foods, and to ultimately make smart food choices for their individual health needs or concerns.

Eating out without filling out

This session provides practical tips that will enable your staff to choose healthier takeaway and restaurant meals. This session will also open their eyes to the kilojoule content of alcohol and to the truth about the "beer belly" phenomenon.

Results for Your Company

"We enlisted Complete Performance solutions to run seminars for our team on nutrition, stress management and interpreting food labels. It is important to us that we are able to equip our people with information on how they can improve their lifestyle balance and overall wellbeing. They worked with us to develop tailored sessions and we have had a great response from our people. We will definitely continue making the most of their services."

Anna Sinton – KPMG Human Resources

