



MAYAEID
NUTRITIONIST

**CORPORATE
WELLNESS
SERVICES**

MEET MAYA

As a Certified Nutritional Practitioner and wellness educator, I've turned my personal struggles with fatigue, hormonal imbalances, and stress into a passion for helping busy professionals thrive. For the past 9 years, I've guided individuals to build sustainable habits and a positive mindset around food, boosting their well-being and productivity.

If you're looking to enhance your team's health and engagement, let's connect to explore how my approach can support your corporate wellness goals.

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MANY COMPANIES SPEND THOUSANDS OF DOLLARS ON EMPLOYEE HEALTH EXPENSES.

Investing in **preventive** health care for your team can...



reduce absenteeism



lower company costs



increase productivity

That's where corporate nutrition programs come in. Maya helps employees learn and implement **healthy lifestyle** and **proper eating habits, lowering occurrences of sickness** and **raising energy levels** in your workplace. Nutrition programs also increase employees' **overall state of well-being** and make employees **feel appreciated** by the company.

THERE'S A COST TO EMPLOYEE TURNOVER.

This varies by wage and role of employee.*
The average costs are:

MIDRANGE POSITIONS
(earning \$30- \$50k/yr)



\$8000

.....

the cost to replace a \$40k employee

HIGHLY EDUCATED
EXECUTIVE POSITIONS



\$213,000

.....

the cost to replace a \$100k CEO

*[source](#)

WELLNESS IN THE WORKPLACE IS BOOMING!

Roughly half (51%) of employers with 50+ employees offer some type of wellness program.*

How can a **Corporate Nutrition Program** benefit my company?

Maya designs customized **Corporate Nutrition Programs** to help your company:

DECREASE...



turnover rates
sick days
workplace stress
health care costs

INCREASE...



productivity
motivation
employee morale
health behaviours

WELLNESS WORKSHOPS

EACH TOPIC YOU CHOOSE IS DESIGNED TO BE PRACTICAL, EDUCATIONAL, FUN, AND INTERACTIVE, ENSURING A COMPREHENSIVE AND ENGAGING EXPERIENCE FOR YOUR TEAM!



EATING TO BOOST ENERGY & FOCUS

Better energy = Increased productivity

Wake up energized, beat the afternoon crash, and boost your day with healthy snacks, science-backed sleep tips, and stress management strategies.



HEALTHY GUT 101: HOW TO ENHANCE DIGESTIVE WELLNESS

Better digestion = Stable mood & work performance

Discover natural remedies for heartburn, identify food intolerances, and tackle gut issues like bloating, indigestion, and IBS.



NUTRITION TO COMBAT STRESS & BURNOUT

Less stress = Healthier workplace relationships

Combat burnout, manage stress and boost happiness with key foods, nutrients, and lifestyle actions that make a daily difference. *(food-focused)*



TOP SELF-CARE STRATEGIES FOR STRESS RELIEF

Reduce Stress = Enhance work-life balance

Learn Science-backed ways to take better care of yourself to support your mental health. *(lifestyle-focused)*



OPTIMIZED NUTRITION FOR A HEALTHY HEART

Nourish your heart = Boost overall well-being

Improve high blood pressure, cholesterol, diabetes, and triglycerides without medication. Learn how to prevent heart attacks, chest pain, stroke, and diabetes through targeted nutrition.



HOW TO BOOST YOUR IMMUNE SYSTEM NATURALLY

Stronger immunity = Less sick days

Learn lifestyle habits to reduce your risk of colds and flu, discover the best foods and supplements to enhance your immune system, and find out what to limit for optimal health.



MINDFULNESS + MEDITATION AT WORK

Mindfulness = Improved decision-making skills

Discover evidence-based meditation benefits, simple daily mindfulness strategies, and breathing techniques to relax both mind and body.



HOW TO BUILD A HEALTHY RELATIONSHIP WITH FOOD

Healthy food relationship = Enhanced emotional regulation at work

Equip your team with mindful eating tips to enhance stress management and boost emotional resilience in the workplace.



MEALS IN MINUTES

Quick, healthy meals = Better nutrition and more time to focus on what matters most

Help your team stay focused and reduce stress with easy-to-prepare, nutritious meals in 30 minutes or less. Healthier meals lead to improved well-being and a better work-life balance.



FUELING YOUR WORKOUT

Unlock peak fitness performance = Improved focus and reduced burnout.

Learn how proper pre- and post-workout nutrition can boost energy, enhance recovery, and make employees more focused and resilient. This workshop covers the best foods for various exercise styles and intensities.

Save more when you invest in a wellness bundle—our packages offer significant discounts compared to individual sessions, ensuring you get the most value while providing a holistic approach to employee well-being.

OUR MOST POPULAR COOKING DEMO CLASSES

**HOME-COOKED MEALS = HIGHER ENERGY LEVELS & BETTER MENTAL HEALTH.
CHECK OUT OUR ONSITE, HANDS-ON TEAM-BUILDING EXPERIENCES!**



MASTERING MEAL PREP

Aimed at enhancing meal prep skills and overall well-being.

- Plan and prepare balanced meals and snacks to stay well-fueled
- Cook breakfast, lunch, and a snack together for hands-on learning
- Gain practical skills to boost energy and mental health through nutritious, home-cooked meals



BUDGET-FRIENDLY MEAL PREP

Focused on practical cooking and cost-effective meal planning.

- Explore savvy meal prep strategies to save money and eat nutritious food
- Learn to plan and prepare budget-friendly meals and snacks
- Cook a selection of cost-effective recipes together
- Start your journey toward budget-friendly meal prep



BUILD YOUR OWN BUDDHA BOWL (BYOBB)

Designed to boost camaraderie and culinary skills.

- Join a hands-on session to craft colorful, nutrient-dense bowls
- Learn to mix and match fresh veggies, grains, and proteins
- Create balanced, satisfying meals that boost energy and well-being
- Prepare a variety of Buddha bowls together, gaining skills to make your own at home



HEALTHY SEASONAL RECIPES: FALL/WINTER EDITION

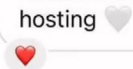
Centred around creating nutritious fall/winter meals.

- Join a hands-on workshop to create hearty, healthy winter meals
- Focus on seasonal ingredients for the colder months
- Cook comforting fall/winter recipes to keep you energized
- Prepare a delicious array of wholesome, warming dishes together

WORKSHOP FEEDBACK

OUR WORKSHOPS ARE NOT JUST INFORMATIVE—THEY'RE ENGAGING AND ACTIONABLE. MAYA KNOWS HOW TO BREAK DOWN COMPLEX HEALTH TOPICS INTO PRACTICAL STEPS THAT EMPLOYEES CAN EASILY INCORPORATE INTO THEIR DAILY LIVES.

Great webinar!!!! I was a little skeptical from the get go, BUT Maya crushed it. And her client's results... amazing! Thank you for hosting



Thank you!

Hi Maya!

Thank you again for two amazing sessions! I was trying to thank you on the zoom but realized my mute was still on.

I know our club members love seeing your name pop up so we definitely will be reaching out in 2023. In the interim we have shared the recipe book and I'll also share the link on snacking that you provided in today's session.

Thanks so much, Maya! Great turnout and loved the session, as always! Would def love to do more in the coming year & can't wait to try out those recipes! 😊

Hi Maya,
You did a presentation for Spin Master back in June and I thought it was really good.

Will make sure to forward the handout to the student attendees. We enjoyed your food demo. Thank you!

Maya,

Thank you so much for taking the time to speak with my team. I really appreciate you staying back and answering all their questions.

Our group chat was blowing up with insights and questions. I'm going to do a debrief with them tomorrow and I'll let you know if anything comes up.

I'm going to pitch your program to our HR team and try and see if we can get you involved from a company perspective.

Your energy was awesome and thanks again for all your help.

Thank you so much for the amazing lecture @bcg ! Appreciate it.

Hi Maya,

Thank you for passing this along, I will definitely share it with the team! And thank you again for coming in during our EAW to present, I know all those that participated really enjoyed the content!

Hi Maya,

Thank you so much for hosting that class! The bowl was delicious!

Super great! A quick but thorough exploration of the how's and why's of nutrition affecting us day to day. She made it really easy to see and understand how simple decisions about food can affect us on a much larger scale.

Enjoyed this webinar for its wealth of information to help guide you and the science based perspective shared.

She was incredibly knowledgeable, and very thoughtful with each response.

As seen in:



Some companies we've worked with:





**LET MAYA HELP YOU EMPOWER YOUR EMPLOYEES,
ENHANCE PRODUCTIVITY & HEALTH—LEAD HEALTHIER LIVES TOGETHER.**

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