



# Corporate Wellness Offerings

I am a health coach, certified through the Institute for Integrative Nutrition in New York.

My passion for health began during my decade-long career as a registered nurse in Melbourne. I also had my own business as a private chef in Sydney.

As a health coach, I help my clients feel empowered, supported, connected, and fulfilled through balanced eating and lifestyle choices.

I teach cooking classes and through my cooking club I curate experiences for my members that support local artisans and create community.

I published my first book, *The Gifts From Losing You* in 2021.

I love what I do and I believe that when a person feels healthy and happy within themselves, there is a ripple effect that can be felt in those around them. This high vibration supports greater workplace productivity, satisfaction, and success.



I am looking forward to collaborating with you to make your workplace healthier and happier!

Warmly,

*Sara*

Sara Green, RN

*Certified Health Coach*



## Offerings

- ◆ Wellness Workshops
- ◆ Keynote Speaker
- ◆ Podcast Guest
- ◆ 10-Day Movement Challenges
- ◆ Smoothie-Making Classes
- ◆ Half-Day In-Person Retreats
- ◆ 3-Month Group Health Coaching
- ◆ Individual Health Coaching

## WELLNESS WORKSHOPS

30, 45 or 60 minutes  
In person or virtual  
Includes handouts



**Sugar Cravings:** Does sugar have you under its spell? How to break the habit with manageable steps

**Healthy Eating Basics:** How to navigate the conflicting advice about what to eat

**Gamechangers for Weight Loss Success:** Recommendations that move the needle the most and give lasting results

**Anxiety:** Teachings to settle your nervous system and feel calm

**Exercise:** How to make time for and be consistent with movement that you enjoy

**Digestion:** Suggestions for a happy belly with less bloating and discomfort



**Perimenopause and Menopause:** Conversation, support, and resources

**Self-Care:** How to make self-care a part of your day with suggestions for your mental, emotional and physical health

**Blood Sugar Balance:** Easy to implement tips to reduce your risk of diabetes

**Guided Group Meditations:** Take a break in the day to reset and relax  
\*No meditation experience is necessary

**Bowl Foods:** Simple meal suggestions that are nourishing and quick to prepare

**Gluten Free:** How to eat and make recipes GF including grocery store tips

**The Circle of Life:** A valuable visual tool to help you become more aware of the areas of your life that feel nourished and those that could use more attention so that you can better take care of your body, mind, and spirit. This exercise prompts questions such as, “Is my health where I want it to be?”

**The Five Love Languages:** Take the quiz to discover your primary love language, what it means, and how you can use it to better connect with your loved ones

**Mindfulness Basics:** How to begin a practice when you don’t know where to start

**Self-Talk:** How to shift your mindset from self-judgement to self-love



## KEYNOTE SPEAKER

45-minute presentation  
In person or virtual

### Topic:

“The method to cultivate consistency and build a strong foundation within so you can cope when life is challenging.”

“Sara Green is here to show you how to live an authentic and aligned life while weathering difficult life transitions.

She will be your ray of sunshine through the clouds, and she will also sit with you in the rain for just the right amount of time until she shows you how to get up and keep going.

She will show you how to be resilient because she has been and continues to be so... She is extending her hand to hold as you walk home to yourself on the long, windy, sometimes bumpy, sometimes scary road.

She has weathered the harsh winter but knows how to savor the succulent beauty of summer. She will teach you how to create a nourishing environment for resilience and guide you to tend to your inner garden through food, movement, energy, love, and sage wisdom.

She is like a sister, mom, and spiritual muse all in one. She feels like a cozy blanket when you need it most.”

– D.S.



### PODCAST GUEST

*In person or virtual*



### 10-DAY MOVEMENT CHALLENGES

*Virtual*

The intention of the Movement Challenge is to gather colleagues in a welcoming and inspiring community with a goal to move their body daily in a way that they enjoy and feels good. This experience builds comradery within the workplace and is perfect for those who need support and motivation to be consistent with exercise.

The Challenge includes daily coaching from me and helpful resources and worksheets.



### HALF-DAY IN-PERSON RETREATS

*4 hours*  
*8:00am-12:00 or 1:00-5:00*

This offering allows for extended time to reflect and reset. It includes guided meditation, a wellness workshop, personal development exercises, group discussion, handouts, healthy snacks and drinks, and more. This is a great option for an all-team experience.



### 3-MONTH GROUP HEALTH COACHING

*45-minutes*  
*6 sessions*  
*In person or virtual*

This will be a small group that meets twice-a-month for 3 months to receive my support and healthy lifestyle recommendations.



### INDIVIDUAL HEALTH COACHING

*60-minute session*  
*In person or virtual*

This offering is for someone who is looking for personalized guidance and accountability to cultivate consistency with healthy habits to elevate their health. We target areas that feel stuck and need some extra support.



### SMOOTHIE MAKING CLASSES

*60 minutes*  
*In person*  
*Space is limited to groups of 10*

Includes hands on experience making 3 different smoothies, nutrition instruction, smoothie tastings, and recipes.

