

# *EAT WELL, WORK WELL*

**Enhance productivity in the workplace  
through improved health and wellbeing.**

A program designed for each employee  
to become a better version of himself.



powered by  
**wellbeing**  
circle  
REDESIGN YOUR LIFE

— *Dana Dobrescu*  
*International Coach*

**Precision Nutrition Coach L1**  
**GGG Women Coach Specialist**

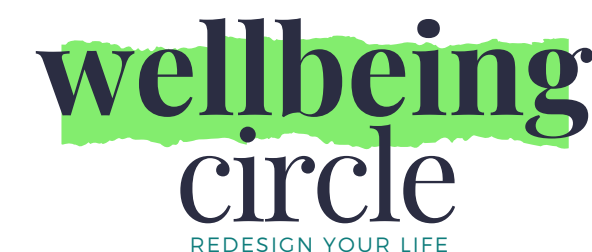
**Advanced Certifications in  
Nutrition for Metabolic Health  
& Change Psychology**

**> 15 yrs experience in strategic design  
and implementation of  
corporate communications  
and employee engagement programs.**

**Developed the first educational  
program around mindful snacking  
in Romania, multiple times awarded.**



owner of:





# *Status quo*

**in  
organisations**

Why you need an **intentional** approach  
for the health & nutrition of employees

# — *PRESENTEEISM.* YOU HAVE IT, TOO.

most exposed: 20-40 yrs old & managers

**what is it?**

**your employees  
show up to work  
despite being sick  
or tired, affecting  
their productivity  
and work quality.**

**presenteeism  
cuts individual  
productivity  
by 1/3 or more**





identified risk  
factors for

## *presenteeism*

- / being overweight,
- / a poor diet,
- / a lack of exercise,
- / high stress,
- / and poor relations with co-workers and management.

*Carol Cancelliere et al, Research: Are workplace health promotion programs effective at improving presenteeism in workers? A systematic review and best evidence synthesis of the literature, 2011, BMC Public Health.*



# — *Tap into your employees' potential*

People that take care of their health, nutrition, stress level become **better performers.**

When you support employees' health & wellbeing you boost their engagement:

- a more positive view of the organization
- increased levels of job satisfaction
- reduced absenteeism and presenteeism

Employees with unhealthy diets are **66% more likely to report having a loss in productivity.**

## *Nutritious foods boost performance*

- improve concentration
- improve immunity
- better health & wellbeing
- raise dopamine & serotonin
- improve cognitive function
- lower anxiety & depression

**/ productivity - up to 20%**

**/ absenteeism - 2 days/year/employee less**

**/ reduced presenteeism**





*A nutrition program  
designed for you*

**meeting  
your needs**

**with a modular, customizable approach  
so you can tailor it to your people and budget**



# *What I am offering*

**MASTERCLASSES**

**CHALLENGES**

**ONE 2 ONE COACHING  
& GROUP COACHING**





1

## *Masterclasses*

1 h - 1h.30 interactive **inspiring & practical sessions** with employees

- focused around **tips & tricks** and the **right tools** to start implementing **immediately**

- **resources & materials** offered to participants after masterclass

- **FLEXIBLE THEMES**, could be:  
**Nourish a performing brain**  
**The right diet approach**  
**Hunger, cravings and emotions**

## *Challenges*

2

6 weeks of **dynamic** challenges to **motivate** and **drive** employees to **adopt sustainable changes**.

- **introductory webinar + weekly seminars and follow-ups**

- **FLEXIBLE THEMES**, to choose:  
**Adoption of healthy habits**  
**Eat to be more performant**  
**Weight loss**

3

## *Coaching*

individual or group **coaching** for **weight loss/healthy eating**.  
**Life transformation.**

- online zoom **weekly calls** to closely monitor progress and **guide employee(s) into change**

- **easy adoption** of **lifestyle habits**, adapted to the individual way of living

- **wapp constant support**, guiding educative **materials & close follow up** to optimize **results**.



# *Corporate wellness*

**pays off**

**significant rates of return of investment (ROI)  
and value of investment (VOI),  
reflected in engagement**



6:1

ROI estimation for  
corporate wellness  
programs



up to  
10%  
less

significant lower  
voluntary attrition



18%

average reduction  
in sick days





*Let's get in contact*

**TO DESIGN  
THE PROGRAM YOU NEED  
THAT YIELDS RESULTS**

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**wellbeing**  
circle  
REDESIGN YOUR LIFE