

# WELLNESS-DRIVEN PERFORMANCE FOR MODERN WORKPLACES

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STRATEGIC NUTRITION PROGRAMS THAT  
BOOST FOCUS, RETENTION & WELL-  
BEING

# WELLNESS IS NO LONGER A PERK — IT'S A DEALBREAKER

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- 80% of millennials & Gen Z consider nutrition and mental health support a top factor when choosing a job
- Companies with strong wellness programs see up to 50% higher retention
- ROI of up to 6:1 on productivity & healthcare costs
- Wellness is not just good ethics — it's good business

\*Deloitte research, 2024

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\*Source: <https://action.deloitte.com/insight/3878/analyzing-wellbeings-impact-on-organizational-performance>



**Despite good intentions, many wellness initiatives feel 'one-size-fits-all' — leaving employees disengaged and HR teams frustrated by low participation.**



# THE REAL CHALLENGE IN TODAY'S WORKPLACE



## Energy Crashes & Coffee Dependence

- Employees rely on caffeine to push through the day
- Poor hydration & erratic eating sabotage long-term focus



## High Stress, Low Recovery

- Chronic stress, poor sleep and mental fatigue are the new norm
- Most employees don't know how to eat or recover properly for resilience



## Silent Burnout = Reduced Retention & Engagement

- High performers are burning out quietly
- 40% of employees consider quitting due to lack of real wellbeing support

# BUILD A CULTURE PEOPLE WANT TO STAY IN WITH THE POWER OF NUTRITION



ELENA CHOLOVSKA,  
NUTRITIONAL THERAPIST



**I've lived the corporate life — now I help improve it.**

- 12+ years in finance & investment — I know the pressure, the pace, and what employees really need.
- Qualified Nutritional Therapist (College of Naturopathic Medicine UK) with deep expertise in focus, energy and hormonal balance.
- I turn complex science into practical, engaging tools that fit into real workdays — not just wellness theory.
- I bridge business and wellbeing to support both people and performance.

# SOLUTIONS



TARGETED NUTRITION SUPPORT  
THAT DRIVES RESULTS

## Nutrition Sprints to Boost Productivity

Help employees combat energy dips and mental fatigue through one week sprints focused on micro changes.

## Ongoing Support

Build a culture of wellness and self-care with 6 to 12 months of support.

## Tailored Programs for Your Needs

Enhance your wellness program by addressing specific needs (e.g., refine cafeteria options, maternity health to ease transitions back to work)

## Personalized 1:1 Wellness Coaching

Support your best talent with personalized health guidance for sustained energy and focus.

# SOLUTIONS



## Nutrition Sprints to Boost Productivity

## Ongoing Support

## Tailored Programs for Your Needs

## Personalized 1:1 Wellness Coaching

€850

- One live webinar with practical knowledge
- One-week challenge to encourage micro-changes
- Q&A support via email for one week

Each session runs 30 minutes and is practical, interactive, and action-oriented. Employees engage in real-time exercises and receive follow-up support via email for one week to help them apply what they've learned. They leave not just informed, but already taking their first step toward better energy, focus, and resilience at work.

Session topic is chosen in accordance to your needs. Examples include:

### **Beyond Coffee: Smarter Hydration for Sharper Minds**

- Break the caffeine cycle and unlock sustained focus through strategic hydration.

### **Cravings Control: Outsmart Sugar, Stress & Snacking**

- Discover how to reduce cravings and stabilize energy with simple food upgrades.

### **Female Health in Finance: Nutrition for Hormonal Balance & Sustainable Energy**

- Support your cycle, balance your mood, and stay energized in high-performance environments — without burnout.



# SOLUTIONS



## Nutrition Sprints to Boost Productivity

## Ongoing Support

## Tailored Programs for Your Needs

## Personalized 1:1 Wellness Coaching

€9,000

- 6-month custom wellness program
- Six live webinars with practical knowledge and micro-challenges (45min each + Q&A)
- Unlimited support with health topics covered in webinars via email for all employees

*Optional:*

Add 1:1 support for up to 15 employees (€250 per employee per month)

**Build a culture of wellness and self-care with 6 to 12 months program** that delivers monthly live, interactive sessions focused on building real habits that solve daily workplace challenges.

Each webinar is paired with a practical wellness challenge, helping employees implement small, actionable changes that **improve energy, focus and resilience**. This creates steady progress and measurable impact for your teams, keeping engagement high and wellbeing visible throughout the program. Webinar topics are customizable to suit the needs of your company.

Email-based “office hours” provide a **personalised support after each webinar**, helping employees overcome mindset barriers and apply new habits in real life. This ensures participants stay engaged beyond the session, get their specific questions answered, and feel supported as they implement meaningful changes.



# SOLUTIONS



## Nutrition Sprints to Boost Productivity

## Ongoing Support

## Tailored Programs for Your Needs

## Personalized 1:1 Wellness Coaching

### Inquire

- Annual health checks
- Personalized health plans
- Group support for hyper-focused topics (e.g. maternity, thyroid, weight loss)

Enhance your wellness program by addressing specific needs specific health or performance challenges (stress, energy, burnout, thyroid issues, weight loss, digestion, etc.). This ensures your highest-need employees receive expert support, accelerating their progress and boosting overall wellbeing impact across your team. It's a powerful way to reduce absenteeism and show genuine care for employee health.

This is a tailored made program designed specifically for your company needs. Inquire for more details.

# SOLUTIONS AT A GLANCE

TARGETED NUTRITION SUPPORT  
THAT DRIVES RESULTS

## Nutrition Sprints to Boost Productivity

Help employees combat energy dips and mental fatigue through one week sprints focused on micro changes.

**€850**

- One live webinar with practical knowledge
- One-week challenge to encourage micro-changes
- Q&A support via email for one week

## Ongoing Support

Build a culture of wellness and self-care with 6 to 12 months of support.

**€9,000**

- Six live webinars with practical knowledge and micro-challenges (45min each + Q&A)
- Unlimited support with health topics covered in webinars via email for all employees.

## Tailored Programs for Your Needs

Enhance your wellness program by addressing specific needs.

**Inquire**

- Annual health checks
- Group support for hyper-focused topics (e.g. maternity, thyroid, weight loss)
- Audit cafeteria options and setup

## Personalized 1:1 Wellness Coaching

Support your best talent with personalized health guidance for sustained energy and focus.

**€250**

**per employee per month**

- 1:1 support with personalized health plans for up to 15 employees.
- Minimum term is 3 months

# THANK YOU

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**HAVE QUESTIONS? REACH  
OUT!**

+39 3517780932

+357 99940194



# WHY THIS MATTERS?

**When employees feel better, they perform better.**

- **Sustained Energy** — No more afternoon crashes or caffeine rollercoasters
- **Sharper Focus** — Better concentration, fewer mistakes
- **Stronger Immunity** — Fewer sick days and health-related absences
- **Emotional Resilience** — Less stress, more stability under pressure
- **Higher Engagement** — People bring more of themselves to their work
- **Better Team Vibe** — Less burnout = more collaboration and creativity







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### **Companies that neglect this see:**

- Rising burnout & quiet quitting
- High turnover, low morale
- Missed deadlines and disengaged teams

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### **Companies that invest in real wellness support:**

- Report up to 20% higher productivity
- Experience 38–50% lower absenteeism
- Create cultures people want to stay in