

**Agata Jasińska**

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[www.szczescieodkuchni.pl](http://www.szczescieodkuchni.pl)

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# WELL-BEING WEBINARS



# WHY IT'S IMPORTANT TO SUPPORT HEALTHY LIFESTYLE OF EMPLOYEES ?

- Employees often **underestimate the significance of proper nutrition**. This oversight can result in a decline in performance and, ultimately, burnout.
- The **digestive system**, often referred to as the '**second brain**,' exerts a profound **influence on cognitive function, concentration**, and the ability to **cope with stressful** situations.
- Employees who prioritize these aspects experience **enhanced efficiency** and satisfaction, benefiting both themselves and the employer.
- Our offer comprises a package of webinars, e-book and 10-day challenge designed to **raise employees' awareness** of the importance of a healthy nutrition and equip them with **practical tools** to facilitate personal transformation.





# WEBINARS

1

**Fuel Your Productivity:** The Impact of Nutrition on Energy Levels, Productivity, and Mental Clarity



2

**Smart nutrition:** Understanding the Basics of a Healthy Diet



3

**Dealing with Cravings and Emotional Eating:** Techniques for Building a Healthier Relationship with Food



4

**Fueling Your Success:** Practical Tips for Making Healthier Choices in a Busy Environment



# FOLLOW UP

5

## E-BOOK

**Eating Well, Living Well:** Understanding the Healthy Plate and 10 Nutritious Recipes

6

## 10-DAY CHALLENGE

**Let's do this!:** Navigating Challenges and Maintaining Motivation in Your Healthy Eating Journey



# PRICING

Scope	Price
Online webinars	2500 - 4000 PLN (depending on the number and length of webinars)
<b>E-book</b> (Healthy Plate Guide + 10 recipes)	<b>5 000 PLN</b>
<b>10-day challenge</b> (short tasks for each day to sustain motivation)	<b>2 000 PLN</b>



# OFFER DETAILS

- **Pricing Details:** The prices provided are gross prices.
- **Webinar Duration:** Each online webinar will have a duration of approximately 30 minutes, with an additional 5-10 minutes allocated for Q&A. It is possible to combine topics and extend the duration to 60-90 minutes.
- **Platform and Recording:** The webinar will be conducted using the platform provided by the company. Additionally, the webinar can be recorded for internal use only, allowing participants to refer back to the content.
- **Scope:** A detailed scope of each webinar, e-book and challenge is included in this offer, which can be found on the subsequent pages. We are also open to customizing the content to align with the specific needs of your company.



# DETAILED SCOPE OF WEBINARS





# ① FUEL YOUR PRODUCTIVITY

## The Impact of Nutrition on Energy Levels, Productivity, and Mental Clarity

1. **The Gut-Brain Connection:** Understand the intricate relationship between the gut and the brain.
2. **Understanding the impact of nutrition on busy lifestyles:** Learn how nutrition can play a crucial role in managing stress, boosting energy levels, and enhancing productivity in a fast-paced work environment.
3. **Boosting mental clarity and energy level with the right nutrients:** Understand how certain nutrients can enhance cognitive function, focus, and concentration.
4. **The role of a balanced diet in overall health:** Discover the benefits of consuming a variety of nutrients, vitamins, and minerals for long-term health and well-being.



# ② SMART NUTRITION

## Understanding the Basics of a Healthy Diet

1. **Exploring the components of a healthy diet:** Gain insight into the fundamental elements of a balanced meal, including macronutrients, micronutrients, and fiber.
2. **Understanding the Healthy Plate:** Explore practical tips to create a balanced plate for optimal nutrition.
3. **Perfect diet - does it exist?** Practical tips for tailoring your diet to your individual needs, preferences, and dietary restrictions to achieve optimal health.
4. **Strategies for optimizing nutrition for peak performance:** Explore practical tips and dietary recommendations to support sustained energy, increased productivity, and improved mental clarity.





# ③ DEALING WITH CRAVINGS AND EMOTIONAL EATING

## Techniques for Building a Healthier Relationship with Food

1. **Understanding the root causes of cravings:** Explore the psychological and physiological factors behind cravings and learn strategies to manage and overcome them.
2. **Intuitive eating and listening to body cues:** Discover the concept of intuitive eating and how to tune in to your body's hunger and fullness signals for balanced eating.
3. **Coping mechanisms for emotional eating:** Learn alternative ways to cope with stress, boredom, and emotions without turning to food, and develop a toolbox of healthier coping strategies.
4. **The difference between healthy eating habits and disordered patterns:** Recognize the signs of disordered eating and develop a healthy relationship with food.



# 4 FUELING YOUR SUCCESS

## Practical Tips for Making Healthier Choices in a Busy Environment

1. **Maintaining momentum:** Learn how to successfully implement changes to your lifestyle, sustain motivation and overcome challenges.
2. **Time management and meal prep hacks:** Discover practical tips for efficiently incorporating healthy eating into a busy schedule, including batch cooking, meal planning, and time-saving strategies.
3. **Quick solutions for busy schedules:** Explore meal prep ideas and choices to support healthy eating habits even during the busiest days.
4. **Navigating healthy choices at work:** Learn how to make nutritious choices in office cafeterias, meetings, and during business travel, while still enjoying your meals.



# DETAILED SCOPE OF E-BOOK AND 10-DAY CHALLENGE





# ⑤ E-BOOK: EATING WELL, LIVING WELL

## Understanding the Healthy Plate and 10 Nutritious Recipes

1. **Understanding the Healthy Plate:** Explore the simplified dietary guidelines recommended by WHO and learn how to create a balanced plate for optimal nutrition.
2. **Key Nutrients and Portion Sizes:** Discover the essential nutrients your body needs and understand the appropriate portion sizes to maintain a healthy balance.
3. **Nutritious Recipes:** Dive into a collection of 10 delicious recipes that exemplify properly prepared meals based on the healthy plate guidelines.
4. **Recipe Nutritional Information:** Each recipe in the ebook includes detailed nutritional information, including calorie count and macronutrient breakdown.



# ⑥ 10-DAY CHALLENGE: LET'S DO THIS!

## Navigating Challenges and Maintaining Motivation in Your Healthy Eating Journey

1. **Goal of the 10-Day Challenge:** To kickstart a healthy lifestyle by focusing on specific habits and behaviors that promote well-being and overall health.
2. **Scope:** The 10-day challenge includes a structured plan that outlines proposed daily goals related to healthy nutrition.
3. **Approach:** Implementing changes gradually, over a 10-day period, allows individuals to adjust and adapt to new habits more effectively. It provides a manageable timeframe to focus on specific changes and prevents overwhelming participants with a complete lifestyle overhaul.
4. **Benefits:** Taking small steps increases the likelihood of long-term success and helps create lasting habits.



PROVIDER





# AGATA JASIŃSKA

- **Certified Expert:** Business Coach, **Diet Coach, and Psychodietician.** Work individually with people who are seeking to transform their eating habits.
- **Brand Owner:** Through my brand (Szczęście od kuchni), I aim to **inspire and empower** individuals to make positive changes towards a healthier lifestyle.
- **Webinar Speaker:** I regularly share insights, strategies, and **practical tips** on how to embrace a healthy lifestyle.
- **Corporate Experience:** I deeply understand the challenges when it comes to implementing healthy habits. My background (22 years in the business, including 15 years in management roles) enables me to offer **practical strategies** that are **realistic and adaptable** to busy work schedules.
- **Passion for Empowerment:** I believe that everyone has the potential to make positive changes, and I am dedicated to providing the **necessary tools, knowledge, and support** to facilitate their transformation.



# EDUCATION & EXPERIENCE

## Education:

- Business Coach (Novo)
- Psychodietetics, SWPS University
- Academy od Dietetics
- Various courses and training, incl. Client-focused therapy, Motivational Dialogue in Psychodietetics
- 4th year student of psychology (WSB-NLU)

## Experience:

- owner of the brand "Szczęście od kuchni"
- over 500 hours of individual practice
- over 120 hours of webinars and trainings
- 80 participants of online course (weight loosing)
- 500 participants of online course (How to stop eating sweets)
- over 120 sold e-books including with recipes
- 1300 followers on Facebook group, 1600 on Instagram, almost 7000 on TikTok





# CERTIFICATES





# CONTACT DATA

I will be happy to meet and talk about the needs of your organization:



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Szczęście od Kuchni - Agata Jasińska

