

THE CORPORATE WELLNESS BIBLE COOK KATE%0A

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Wellness in any organisation is increasingly regarded as a corporate responsibility. Progressive companies are realising that, with a foundation of health and wellbeing for their people, they will have an engaged, happy and healthy workforce. It's a win for both the company and employee. If longer

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The corporate wellness bible is a handbook for employees and managers. It is a practical, down to earth guide to the major challenges that can prevent wellness within a business. It gives employees the tools to start their transformation towards health; small changes, consistently applied by individuals and the companies they serve, will create 'well' corporations that are fulfilling, engaging

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The Corporate Wellness Bible | Editorial | Relocate magazine

The author, nutritionist Kate Cook, believes that, while good eating is the foundation for health, many other factors, including mental attitude, happiness, fitness, time management and sleep, are necessary to the holistic mix that creates a healthy, happy and motivated workforce.

Kate Cook | Nutrition & Wellness Expert | Booking Agent

Kate Cook gives talks and workshops to business clients empowering their staff to adopt healthier lifestyles. Fresh, creative and practical information is delivered in an interactive style that encourages involvement and engagement.

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