COULD YOUR PLACE OF WORK BENEFIT FROM A **HEALTH WEBINAR**?

Science Backed, Strategic Wellness Webinars for Leaders & High-Performing Teams

Leading organizations recognize that employee health directly drives productivity, innovation, retention, and growth. Investing in employee well-being provides a strategic advantage that delivers sustainable business results.

Workforces now face an unprecedented mix of opportunities and pressures. Teams must sustain focus, creativity, and energy while navigating shifting roles and heightened expectations.

Forward-thinking companies know that supporting well-being is essential for cultivating resilient, high-performing teams. Masterclass webinars are designed to give your employees actionable, evidence-based strategies to enhance their health, sharpen their focus, increase their engagement, and help your organization thrive, no matter what the future holds.

WHO IS **DR. NATHALIE BEAUCHAMP?**

Dr. Nathalie Beauchamp, B.Sc., D.C., IFMCP, is a leading expert in health optimization and workplace wellness, with over 27 years of experience in clinical practice and corporate consulting. As the author of the acclaimed books SmartCuts—*Biohack Your Healthspan, Building Unshakeable Business Resilience and its companion, Building Health Resilience Toolkit*, she advises organizations, industry leaders, and top professionals on the science of peak performance and organizational resilience.

SAMPLE WEBINAR TOPICS

- **Stress Less, Live More: Simple Strategies to Build Resilience and Feel Better Every Day** — Empowering tools to manage daily stress, calm the nervous system, and restore balance.
- **Recharge Your Energy: How Small Dai**ly Habits Can Beat Fatigue and Burnout — A wellness-first approach to reclaiming energy with movement, rest, and breathwork.
- **Sleep Smarter, Wake Refreshed: Natural Solutions for Better Rest and Recovery** — Science-backed strategies to improve sleep quality and feel more restored.
- **The Nutrition Reset: What to Eat for Steady Energy, Mood, and Metabolism** — Easy-to-implement nutrition tips that support stable energy and overall health.
- **Goodbye Brain Fog: Top Tips to Feel Clear, Focused, and in Control Again** — Strategies for boosting mental clarity through nutrition, hydration, and lifestyle shifts.

SPEAKING/MEDIA EXPERIENCE

CTV · DR. NANDI SHOW · REUTERS · THRIVE GLOBAL · YMCA · THE NATIONAL WOMEN'S SHOW · ROGERS tv · Doctor Health Radio's Original Health News Magazine · ottawa health & wellness expo · évolv · United States of America Embassy · Government of Canada · uOttawa · GoodLife FITNESS · Women in Business Conference · accenture · ACTIVATE FITCON 2018 · GOWLING WLG · BT · Scotiabank

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