



## Nutrition Essentials

**Target:** All staff

**Participants:** Unlimited

**Duration:** 1 hour

**Cost:** POA

**Optional add-on:** Cooking demonstration (45 mins, enquire below)

**Presenter:** Themis Chryssidis

The saying goes “you are what you eat”. Perhaps we should expand this saying to “what you eat impacts your health, performance, response, behaviour, communication and emotions”.

We all know that your business is only as good as your people and that successful businesses invest in and constantly upskill, empower and educate their team. If your people have the ability to give your business a competitive edge, then surely it makes sense to ensure your team is reaching their potential.

Healthy Minds and Sprout team up in this 60 minute “Lunch and Learn” session. We will explore the relationship between diet, health and performance, what a healthy diet actually is, barriers to a healthy diet and practical strategies to overcome these barriers. Your team will leave this session with the skills, knowledge and motivation to implement positive nutrition changes in their diet.

### About the Presenter

Themis Chryssidis has a Masters of Nutrition and Dietetics, Bachelor of Psychology, Graduate Certificate of Human Nutrition, Certificate IV in Training and Assessment, Certificate IV in Fitness, and he is currently Managing Director of Sprout. In 2011 he co-founded Sprout, a 100% hands on interactive cooking school, followed by Sprout Health Studio in 2015 and Sprout Training in 2017. Themis is a dedicated and passionate dietitian who promotes healthy, nutritious and delicious eating through practical advice.

For more about Sprout, visit [sprout.edu.au](http://sprout.edu.au)

For more about Healthy Minds, visit [healthymindsprogram.com](http://healthymindsprogram.com)

### Contact us

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