



*Taryn Stein*

Trained Dietitian  
& Corporate Consultant

MEDIA KIT

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# Trusted Resource

MINDSHIFTME.COM

Maximizing Employee Health and Wellness for Optimal Performance.

Is your company passionate about cultivating a thriving workforce that's fueled by good nutrition and optimal well-being? Look no further! As a Nutrition Wellness Corporate Consultant, I am here to help you create a culture of wellness and elevate your employees' health, happiness, and productivity.

As a trained dietitian, I have a deep understanding of the intricacies of nutrition and its impact on overall health.

I specialize in translating complex scientific concepts into clear and accessible language, ensuring that your employees can easily comprehend and apply the information.



Whether you need lunch 'n learns, group wellness programs, coaching, or newsletter content and recipes, investing in the health and nutrition of your employees is a strategic move that yields numerous benefits.

From debunking nutrition myths to providing practical tips for healthy eating, my work is backed by the latest research and designed to empower your employees to make informed choices about their diet and well-being.

# Hi, I'm Taryn!

## NUTRITION EXPERT

Taryn Stein, RD, trained and worked as a dietitian in both the UK and South Africa, practicing as a clinical dietitian for the NHS, until moving into private practice in London Mayfair. In later years, Taryn worked for a global health company in their research & development team, focusing on health content creation, corporate wellness and behavioural science in healthcare communication.

Taryn currently practices as a wellness nutrition coach in the Cayman Islands, and is a registered dietitian in both the UK and Cayman.

Taryn is also a certified Life Coach with the American Life Coach Academy and completed a Behavioural Economics in Healthcare course from Penn University.

Taryn has a passion for simplifying scientific nutrition concepts to inspire consumers into healthy action.



## SIGNATURE TOPICS

Nutrition trends & tips

Building habits that stick

Meal Prepping & Healthy Snacks

Nutrition for Stress Management

Women's Health

Nutrition & Work Performance

## WHY CHOOSE A NUTRITION CORPORATE CONSULTANT?

### *Expertise*

With a background in nutrition and dietetics, I bring a wealth of knowledge and credibility to coaching, programs, and content. Your staff can trust the information they receive, knowing it is grounded in scientific evidence and professional expertise.

### *Engagement*

I understand the power of storytelling and know how to captivate audiences with engaging narratives, real-life examples, and relatable experiences. By blending science with storytelling, I ensure that your content, programs and workshops resonates with your staff and keeps them engaged.

### *Versatility*

Whether your employees are health-conscious individuals, parents, or individuals with specific dietary needs and health goals, I can tailor my coaching and workshops to their unique interests and concerns. I adapt my style and tone to suit your brand and company preferences, ensuring maximum impact.

### *Reliability*

I offer flexibility and a quick turnaround time, ensuring that your programs, workshops, or content is delivered on schedule without compromising on quality. You can count on my professionalism and commitment to meeting your expectations.





## SAMPLE TOPICS

- ✓ Managing Stress Eating: Healthy Coping Mechanisms in the Workplace
- ✓ Snack Smart: Choosing Healthy Options to Boost Energy (according to a dietitian)
- ✓ 9 Protein-packed breakfast ideas for a productive day ahead (plus recipes!)
- ✓ The Power of Seasonality: Embracing Locally Sourced Foods for Nutrition, and Sustainability
- ✓ Meal Prepping for Success: Healthy Recipe Demonstration and Nutritious Meal Ideas

## **With a Nutrition Corporate Consultant on board, you can expect:**

- Increased employee morale and job satisfaction
- Enhanced productivity and focus
- Reduced healthcare costs
- Improved employee retention and recruitment
- A positive healthy-conscious company reputation

## MENOPAUSE FOCUS

**Women going through perimenopause and menopause are the fastest growing group in the workforce**, according to CIPD, the professional body for HR and people development.

In Cayman specifically, approximately 14.3% of the population are women aged 45-55 years, which equates to just under 10,000 people who are entering perimenopause and menopause.

Unfortunately, **three out of five working women who are experiencing menopausal symptoms say it has a negative impact on them at work.**

Although these women are typically at the peak of their careers and highly skilled, many feel forced to leave work because of menopausal symptoms. This, in part, is because menopause is not well understood or provided for in workplace cultures, policies and training, according to a 2023 House of Commons report.

As well as the costs to women, there are many other costs of failing to support menopausal employees, including loss of talent, financial costs to employers, and costs to the wider economy. Oxford Economics suggested that if a woman earning £25,000 a year leaves her job due to problematic menopause symptoms, it will cost her employer over £30,500 to replace her.

Support your female employees through their menopausal journey with openness, awareness and training to create a supportive environment for these women to continue to thrive and successfully contribute to your company.



## HOW CAN I HELP?

With my expertise as a wellness expert and registered dietitian, I offer a comprehensive range of services tailored to meet your company's unique needs:



### 1. Wellness Programs:

I design and implement customized wellness programs that promote healthy eating, physical activity, and overall well-being. From lunch and learn sessions to wellness challenges, and newsletter content, I engage and educate employees on the importance of nutrition and lifestyle choices that support their health goals.



### 2. Nutritional Assessments:

I conduct individual or group assessments to evaluate employees' dietary habits, lifestyle factors, and health goals. Using this information, I provide personalized recommendations that empower employees to make positive changes, leading to improved energy levels, reduced absenteeism, and enhanced productivity.



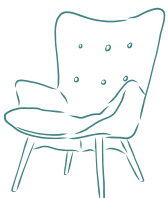
### 3. Workshops and Seminars:

I deliver engaging workshops and seminars on a variety of topics, such as stress management, mindful eating, nutrition for optimal performance, menopause, and weight management. By equipping your employees with practical tools and knowledge, I empower them to make healthier choices both at work and in their personal lives.



### 4. Menu Analysis and Optimization:

I collaborate with your company's food service providers to evaluate menus, optimize offerings, and ensure they align with your employees' nutritional needs. By creating a supportive food environment, we promote healthier choices and enhance overall employee well-being.



### 5. Executive Coaching:

I offer one-on-one coaching sessions for executives and key personnel, providing personalized nutrition and wellness guidance. By prioritizing the well-being of your leadership team, we foster a culture of health that cascades throughout the organization.



## WHO I WORK WITH

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I work with small, medium, and large corporates and brands, who are invested in the opportunity to enhance their wellness offering and support employee health.

## WHAT YOU CAN EXPECT

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Science-backed programs, workshop, content, and coaching that is easily digestible and actionable.

Timeliness & professionalism, delivering agreed quality services and content on schedule.



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*Taryn*

## GET IN TOUCH

Invest in the health and well-being of your employees and watch your company thrive.

Contact me today to discuss how I can partner with your organization to create a nutrition-focused corporate wellness program. Together, let's unlock the full potential of your workforce through optimal nutrition and well-being!