

**WORKSHOPS IN
THE WORKPLACE**

MENOPAUSE & WELLNESS



**NUTRITION &
COOKERY**



Wellness programmes provide employees with practical tools, support and strategies to build and sustain healthy behaviours. Participants gain actionable guidance on exercise, stress management, sleep and nutrition, supporting resilience during menopause. Improved nutrition and cooking skills can enhance energy, concentration and productivity, while better symptom management may also contribute to reduced absenteeism and improved overall wellbeing.

Talks

(topic options to choose from)

- Addressing **fatigue** and supporting sustained **energy** levels
- Supporting **hormonal balance** through targeted nutrition
- Navigating **weight management** during menopause
- Optimising **sleep** quality and restorative rest
- Supporting **stress** resilience and enhancing **mood**
- Enhancing **cognitive function**, including focus and concentration
- Nutritional strategies to support **health risks** associated with menopause



Talk & Workshop Package

- Provide an overview of the physiological and hormonal changes associated with menopause, alongside key dietary considerations and common challenges.
- The sessions explore foods that may help alleviate symptoms and support overall wellbeing, with practical guidance on simple swaps and snack options to support symptom management.
- Participants will receive recipes featuring ingredients known to support hormonal balance, along with a live cooking demonstration.
- The session will conclude with an informal Q&A, offering the opportunity for further discussion and personalised insights.
- Attendees leave with simple, realistic strategies they can implement immediately — no overwhelm, no extremes.



In person package options

Option 1: Talk (as outlined above)

Plus:

Interactive Breakfast Session

- Attendees take part in creating a simple, take-home breakfast pot
- Learn the key ingredients and why they matter for energy, mood and focus
- Practical guidance on building a balanced breakfast — even when time is tight

Total time: 1 hour

Cost: £1,250

Based on up to 20 attendees, additional spaces charged at £25pps

In person package options

Option 2: talk (as outlined above)

Plus

Attendees will also watch a nutritious lunch cooking demo and sample the dish.

- During this session, attendees will also learn skills such as, ingredient pairing for optimal flavour, and mindful cooking.
- Attendees will gain an insight into healthier cooking methods and ingredient substitutions.
- Tips and advice on incorporating key food into the advice on how to easily implement these changes into the daily routine.

Typically businesses run both option 1 & 2 on the same day

Total time: 1 hour

Cost: £1,200

Based on up to 20 attendees, additional spaces charged at £35pps

Online package

Option 2: talk (as outlined above)

Plus

A practical, engaging session that brings nutrition to life — even virtually.

Attendees receive the recipe in advance, so they can cook their lunch along in real time or simply watch and take it in.

- During this session, attendees will also learn skills such as, ingredient pairing for optimal flavour, and mindful cooking.
- Attendees will gain an insight into healthier cooking methods and ingredient substitutions.
- Tips and advice on incorporating key food into the advice on how to easily implement these changes into the daily routine.

Total time: 1 hour

Cost: £850

Optional add-on

1:1 mini consultations

Georgina also provides optional 1:1 consultations at a discounted rate of £85, bookable online, enabling employees to explore individual symptoms following talks or workshops.

What's involved?

A focused 30-minute session addressing one perimenopause or menopause concern, exploring key drivers and simple, impactful adjustments. An interactive discussion providing clarity and practical insight to support informed health decisions.



Optional add-on

Online Corporate Cook-alongs

Alongside talks and workshops, Regan delivers online Zoom cook-along sessions with ingredient lists shared in advance and recipes to keep.

A simple, interactive way for remote teams to cook, connect and enjoy lunch together.

£300 per session with up to 20 participants in attendance.



Optional add-on

Take Home Wellness Goodie Bag

A curated wellness bag to take home, supporting physical, mental and emotional wellbeing. Contents are tailored to the talk and questionnaire insights and may include self-care products, herbal teas, natural toiletries, supplements, bath/shower items, sample snacks and a recipe book.

Priced at £12 per head



Optional add-on

Implementing menopause support in the workplace

As an add-on to any of our menopause talks, our colleague, Jane Knight, provides an insight into how companies can support women during this time of life. Jane, founder of Successful Mums, is a career coach and business support guru. She provides an insight into how many companies have worked to support their employees in order to retain a highly skilled and experienced workforce. Especially useful for HR staff, managers and supervisors.

£300 per 1 hour add-on talk



About Georgina

Georgina is a registered Nutritional Therapist and Certified Metabolic Balance coach. She helps women to reclaim their energy and lose weight once and for all! She supports women in both perimenopause and menopause to reach optimum health, feel calm and balanced again.



About Regan

Regan owns and runs The Cooking Shed – an independent cookery school offering classes to adults and children across London and Kent for the past 8 years. Regan started The Cooking Shed after winning BBC1's Yes Chef!...cooking for three Michelin star Chef Pierre Koffman, and four other, one Michelin star Chef's including Theo Randall and Frances Atkins. Regan provides simple, practical skills to help make cooking fun.





Georgina and Regan have worked together since 2022, delivering the popular Cooking for the Menopause classes. These interactive sessions combine hands-on cooking, practical skills and menopause-supportive recipes, alongside insights into how nutrition and specific ingredients can make a real difference. Both bring experience from the corporate world and share a passion for motivating and empowering people to enjoy better health.

What clients said

“ Participants described the Nutritional Wellness event as supportive and impactful. The talks and demonstrations were informative and delivered with care, helping attendees feel understood and confident in managing their wellbeing. Interactive elements encouraged engagement and connection, with strong interest expressed in future sessions and appreciation for the organisation’s commitment to women’s health and wellbeing. ”

Feedback from T. Rowe Price

“ Regan & Georgina’s menopause sessions were very informative, helpful and interactive. It felt like a safe environment to participate in.
I learnt a lot and will aim to put this into practice ”

Ann-Marie Ward, Compliance Manager, Beat Capital Partners

What clients said

“

We invited Georgina to present to faculty at BPP University. She was engaged, engaging and able to tailor her presentation perfectly to the audience of lawyers and their varied questions. I would thoroughly recommend consulting her and enjoying her lovely recipes!

”

Hanne, Deputy Head of Law, BPP University

“

I contacted Georgina as I thought she would be a perfect fit to help the IOPC mark World Menopause Day 2023. I was not disappointed. Georgina delivered a fantastic talk and presentation. It was extremely informative and tailored to what I had requested. I would recommend Georgina to any company wishing to learn more. Georgina was friendly and approachable, and those who attended the session felt comfortable asking her personal questions at the end.

Georgina has sparked a further conversation at the IOPC about how we can help staff to improve their lifestyles and I couldn't have wished for anything more from the talk

”

Jessica North, Knowledge Officer .Independent Office For Police Conduct

What clients said

“



Thanks so much for today Regan, everyone had so much fun and it tasted delicious! It's a great change to just step away from our laptops for an hour and connect over cooking.

Natalie, Google travel team, London



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Beat
Capital Partners



T.Rowe Price

RingCentral

BPP
UNIVERSITY
LAW SCHOOL



communicorp

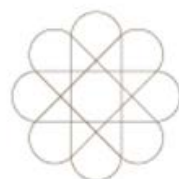
Rebecca
FFRANCON

IOPC Independent
Office for
Police Conduct

 **Theramex**
For Women, For Health

theWI
INSPIRING WOMEN

Google



VALERIE MAY
YOGA



Ready to find out more?

We can tailor talks and workshops to the needs of your business.

Be it in person or online.

Get in Touch



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