



Four Seasons HQ

Corporate Wellness Nutrition Programs



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Background

Four Seasons HQ is a Sydney-based practice that helps create and manage nutrition programs for organisations of all sizes including schools, communities and businesses.

Our mission is to deliver high quality science-driven information and improve people's health and vitality through every life stage and every season.

Our philosophy in nutrition is that one size does not fit all. Every person is unique and nutritional needs vary based on the individual's genetics, life-stage, personal goals and the environment. Therefore, our programs are tailored to ensure it fits the needs of the audience.



The Core Team



Claire Ho
Co-Founder and
Leading Dietitian
MDiet, BSc, APD, AN

Balancing time as a clinical dietitian at the Sydney Adventist Hospital and seeing clients in private and community settings provide Claire with the opportunity to better understand the changing needs of her clients in a multitude of situations. She is a graduate from the University of Sydney and has gained her Masters of Dietetics from Deakin University.

Claire has a special interest in gut disorders and preventative nutrition. Her areas of expertise include nutrition for chronic health prevention, irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD).

Outside of work, she can be found hiking and catching up with friends from around the world.



Carol Luu
Co-Founder and Director
CPA (Aus), HKICPA

Having experienced the demanding pace of the financial service sector – Carol learnt how to navigate and balance her career, family and wellness by focusing on high quality nutrition. As a co-founder of Four Seasons HQ, she is keen to be part of a passionate team that create programs which enable clients to confidently embrace high quality nutrition and perform at their personal best.

Carol has considerable global business experience, having worked in leadership roles in the professional services industry and in her own practice.

Away from work she is a sewing bee and a green thumb.



Why Workplace Wellness?

5% of the workplace calls in sick on any given day. The most common reason staff ask for sick days is illness including colds and flu, headaches and gastroenteritis, plus home and family responsibilities. Furthermore, according to recent survey conducted by Heads Up, one in five Australians have taken absences related to stress, anxiety, depression or poor mental health. Research has suggested that good nutrition is associated with better mental health outcomes.

The average employee spends the majority of their time in the workplace, and research has shown that this could have adverse effects on health and well-being. We at Four Season HQ believe that actively managing dietary goals is vital to quality work-life balance – improving employee productivity and better positioning them to drive business outcomes. Employees with optimal nutrition and lifestyle have long term health benefits including reduced risks of complications such as heart disease, diabetes, obesity, and chronic illnesses.

Services

Four Seasons HQ offer corporate nutrition consultancy services and specialises in designing strategic nutrition programs with the objective to increase overall wellness in the organisation. Our programs enable clients to confidently embrace high quality nutrition and perform at their personal best in today's demanding work environment.

Technical Consulting

Develop healthy eating policies for long term success

Learn about healthier food and drink options

Discover healthier canteen recipes / catering

Work with food service staff and committees

Nutrition Services

Workshop and Seminars

Canteen menu review

Cooking demonstrations with staff

Nutrition stalls

Dietitian consultations



Seminar and Workshops

Seminar and workshops is a popular option as part of many organisation's nutrition program for many reasons. It is easy to integrate as part of the corporate wellness program and also give employees an opportunity to focus on their own wellbeing. Nutritional focus can vary across different periods of the year and therefore our programs are tailored to the audience. For example, ideas on how to meal prep returning to work at the start of the year, good nutrition for improved mental performance during peak season, or eating well whilst traveling for business. These sessions can be delivered in-person or online. Below are some of our most popular seminar and workshops:

Introduction of healthy eating

Healthy eating doesn't have to be fancy, expensive or overly complicated. In this session, individuals will get an insight into the basics of healthy eating including: healthy eating principles across the ages, recommended number of servings daily and portion sizes

Learn to read food labels

We educate individuals to look beyond the surface of packages to understand what is really in the product.

Food and mood

The gut is our second brain, this session discusses nutrition to feed the gut towards better health and wellbeing

Meal planning 101

Participants learn the top tips to prepare healthy meals for work.

Improving mental performance

We discuss how food can impact brain function and the types of food can help optimise mental performance in preparation for studies and exams.

Boosting energy levels

Stabilising your energy levels at the right time of day to ensure focus, good mood and perform at our best.

Virtual supermarket tour

Designed to equip the individual with skills and knowledge to make smarter choices at the supermarket. Shopping tips and tricks, cost saving tips at the supermarket and online shopping tips and more.

Cooking Demonstrations

This is a lunch and learn session where we show you how to make a quick and healthy lunch whilst discussing our top 10 nutrition tips.

Our Experiences

We don't believe in a one-size-fits-all approach as every person's or organisation's goals and nutrition requirements are different. We strive to create programs that are unique to school and fit into their people's culture.



Ku-ring-gai Council

Virtual nutrition programs during 2021 lockdown targeted towards school aged children, seniors and young families.



PwC Hong Kong

Nutrition seminars as part of the firm's wellness program.



HH Partners

Business advisory firm - nutrition seminars for employees.



Various primary schools across NSW

Presenting to parents as part of orientation week on how to prepare a healthy lunch box for the school year ahead.



Baker Institute VIC

Diabetes prevention nutrition program



Sydney Adventist Hospital

Claire Ho is the resident Clinical Dietitian and has delivered cardiac rehab sessions and nutrition to assist with rehab recovery.

Seminars and/or webinars

Details:

- Professional presentations delivered by an experienced Accredited Practising Dietitian or Nutritionist
- Customised seminar topics for your staff
- Handouts for participants
- Session length – from 60 minutes
- Session cost – from \$495.00 (travel fees may apply, GST exclusive)
- Virtual nutrition seminars also available via teleconferencing platform Zoom. Contact us for more information on session length and cost

Consultations

Give staff the opportunity to discuss their nutrition needs in a friendly and confidential environment.

Details

- Individual consultations with an Accredited Practising Dietitian
- Appointments can be either 20 or 30 minutes in duration
- Staff are provided with education and advice to assist them in making healthy food choices at home and at work
- Goal setting and strategies to improve nutrient intake and diet quality, with take home materials provided
- This service makes trusted nutrition advice easily accessible to employees
- Service cost – \$140.00 per hour (minimum 4-hour booking) (travel fees may apply, GST exclusive)

Cooking demonstrations

Provide staff or boarders with the opportunity to discover new recipes, healthy eating tips and cooking skills in an informative cooking demonstration.

Details

- Our facilitators prepare 2 to 3 tasty dishes for staff
- Showcasing healthy, seasonal ingredients
- Taste tests for all attendees
- We bring all equipment and ingredients
- Session length – 45 minutes to 1 hour
- Session cost – from \$600.00 (depends on dish, travel fees may apply)

We are more than happy to tailor a package to suit the needs of your students and staff. Contact us for more information.

Next Steps...



Step 1: Questionnaire

Complete an online questionnaire so we can understand the goals of your organisation and its people, to develop a personalised program.



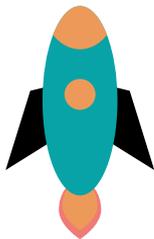
Step 2: Quote

Once the questionnaire is completed, we will send you a quote within 2 business days.



Step 3: Preparation

Based on the questionnaire, we will tailor any presentations or materials according to your organisation's lifestyle. We recommend to provide us with at least 2 weeks' notice.



Step 4: Launch

We turn up, deliver and engage with your team!



Step 5: Check-in and ongoing support

We can provide ongoing support for your employees such as annual or half-yearly check-ins, contributing to your organisation's newsletters, workplace nutrition posters, workplace challenges and more.

Contact Us

Email info@fourseasonshq.com or call 0405 927 501 for more information
Visit our website for more: <https://www.fourseasonshq.com>

