

Kate Cook

The Business of Wellness

"Your session blew me away."

Individual from GE HealthCare



Nutrition and Wellness expert, author and keynote speaker

Kate Cook gives talks and workshops to business clients empowering their staff to adopt healthier lifestyles. Fresh, creative and practical information is delivered in an interactive style that encourages involvement and engagement.

Kate is passionate about making nutritional change easy and effective. She is a highly experienced international speaker and her successful practice methods have secured extensive TV appearances, publishing deals, magazine features and commissions as an international keynote speaker.

As founder and director of the Harley Street clinic The Nutrition Coach, Kate has personally worked with more than 7,500 patients face to face.

TV appearances include UKTV's 'The Truth About Beauty'.

Books include 'Get Healthy for Good' (Whole Health), 'Drop a Dress Size', 'Shape Up Your Life', 'Be Incredibly Healthy', 'An Unfit Mother' (Harper Collins), and the 'Corporate Wellness Bible' (52 Brilliant Ideas).



"Thank you again Kate for a really **interesting and excellent presentation** which everyone seemed fully engaged with!"

Gemma Brady, Accenture Digital

"I certainly took away some 'bite size' chunks of invaluable information and will certainly be acting on them. **Thank you again Kate for making such a profound difference to how I live my life.**"

Jim Brearley, Accelerate UK



Corporate Wellness
Better Work Performance



Strategic Eating is not Healthy Eating
(Healthy Eating is Boring)

Talk Descriptions

Genes Load The Gun Lifestyle Pulls The Trigger

Kate looks at how diet can radically change your health outcomes.

Sugar Bites Back

Kate puts sugar in the context of how being addicted to the 'Pure White and Deadly Sweet stuff' also not only impacts our health but also our environment and our moral conscience.

Vibrant Energy

Create vibrant and lasting energy through the foundation of Strategic Eating.



Biography

[Wikipedia entry >](#)

[LinkedIn Profile >](#)

[Website >](#)



"Kate Cook delivered **well-informed, high-energy talks** throughout the day - overall, the participating employees rated her "excellent" on the feedback forms - it was a really inspiring and engaging day."

Delia McMeekin, HealthAhead Team, GE Healthcare

"Kate Cook engages the team with **practical, easy-to-dos** that could potentially make a huge difference to how we work. She inspires by being fun, vibrant and convincing. Kate creates a dynamic foundation for health and wellness."

Holly Riches, Queen Mary College of Business and Management, University of London

"We have engaged Kate Cook for four [now five] consecutive years to run a series of programmes on wellbeing and health, focusing on nutrition and the impact that has on energy and performance.

As we have invested in this programme over a number of years we have been able to see the impact this has had on our people from small change to complete transformation in some individuals. This is something we intend to invest in for many years to come. **Delivery and message is fresh and vibrant each time.**"

Joel Forarth, Health and Safety manager, Skanska



Contact
Kate Cook
The Business of Wellness

Susan Moore on
+ 44 (0) 1371 850 368 | + 44 (0) 7706 365 729
smoore@mooreva.co.uk

Talk Descriptions

Genes Load The Gun Lifestyle Pulls The Trigger

Kate looks at how diet can radically change your health outcomes.

Sugar Bites Back

Kate puts sugar in the context of how being addicted to the Pure White and Deadly Sweet stuff also not only impacts our health but also our environment and our moral conscience.

Vibrant Energy

Create vibrant and lasting energy through the foundation of Strategic Eating.



Biography

[Wikipedia entry >](#)

[LinkedIn Profile >](#)

[Website >](#)



“Kate Cook delivered **well-informed, high-energy talks** throughout the day - overall, the participating employees rated her “excellent” on the feedback forms - it was a really inspiring and engaging day.”

Delia McMeekin, HealthAhead Team, GE Healthcare

“Kate Cook engages the team with **practical, easy-to-dos** that could potentially make a huge difference to how we work. She inspires by being fun, vibrant and convincing. Kate creates a dynamic foundation for health and wellness.”

Holly Riches, Queen Mary College of Business and Management, University of London

Clients include

Accenture, Acumen, Bank of England, Bank of New York Mellon, BDL Redefine Hotels, Catlin Holdings, Channel 4, Charles Russell Solicitors, Chiswick Business Park, Christie’s Fine Art Auctioneers, CityWest Homes, ConocoPhillips, Coutts (Zurich), Discovery Channel Europe, EDF Energy, Eucerin, Food Secret, GE Healthcare, Indeed, Investec, Itsu, Jones Lang LaSalle, JP Morgan, LACA Conference (Key Note), Leiths, London Underground Ltd., McKinsey Consulting, Merrill Lynch, Network Rail, Ogilvy & Mather, Origins, Oxford University Press, Ping Pong Restaurants, Pret A Manger, Prudential (Asia), Queen Mary Business School (University of London), Reckitt Benckiser, Royal Bank of Scotland, Skanska, Tata, Time Warner, Verisona Law, WorkTec 2011 (Keynote), White Company.



Contact
Kate Cook
The Business of Wellness

Susan Moore on
+ 44 (0) 1371 850 368 | + 44 (0) 7706 365 729
smoore@mooreva.co.uk