



RIVER NUTRITION

2027 Corporate Programme

GABY@RIVERNUTRITION.UK

WWW.RIVERNUTRITION.UK



MONTH

TALK TITLE

JANUARY:
18TH BLUE
MONDAY

WHY JANUARY MAKES YOU WANT TO HIBERNATE

Beat the January blues with nutrition for energy, mood and vitality. We'll look at how to reset after Christmas without restrictive resolutions, while exploring simple ways to eat well through the darker months.

FEBRUARY

THE WORKING DAY FIX

Breakfast, lunch, snacks and hydration can make a big difference to energy and concentration. Discover simple, realistic ways to fuel a busy working day.

MARCH

THINKING ABOUT WEIGHT-LOSS JABS? THERE IS ANOTHER WAY

Weight-loss injections are everywhere, but they aren't the only option. We'll cut through the noise around these drugs, possible side effects and weight regain, while exploring a nutrition-led approach to weight loss without medication.

APRIL:
STRESS
AWARENESS
MONTH

EATING WELL WHEN YOU'RE STRESSED

Stress can derail even the best intentions, leaving us reaching for quick fixes or skipping meals altogether. This session explores cravings, comfort eating and simple strategies for staying well fed when life gets busy.

MAY: 10TH-16TH
MENTAL
HEALTH
AWARENESS
WEEK

FOOD, MOOD & MENTAL HEALTH

What we eat can be an important part of the picture when it comes to mental wellbeing. We cover the connection between food, mood, energy and the gut-brain axis, with practical ways to support a balanced diet without overcomplicating things.

JUNE

WHY CAN'T I STOP SNACKING?

From the 3pm slump to the biscuit tin, cravings can be hard to navigate during a busy working day. We'll explore why we snack, what drives cravings and how to make snacks work harder for your energy and appetite.

"I WOULD HIGHLY RECOMMEND GABY TO ANY ORGANISATION LOOKING FOR AN INSIGHTFUL, ENGAGING AND IMPACTFUL SPEAKER ON NUTRITION AND WELLBEING".

JEREMY TING, MORGAN STANLEY

Prices start from £450

All dates are flexible, other topics available on request



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MONTH	TALK TITLE
JULY	EAT, SLEEP, REPEAT: NUTRITION FOR BETTER SLEEP Good sleep starts long before bedtime. Discover how food, caffeine, alcohol, meal timing and evening habits can influence sleep quality, energy and how you feel the following day.
AUGUST	EAT FOR LONGEVITY Healthy ageing isn't about a superfood or supplement. We'll look at the eating patterns, nutrients and everyday habits that matter for maintaining energy, muscle, heart and brain health as we get older.
SEPTEMBER: BACK TO WORK	THE SEPTEMBER RESET Get your energy, eating habits and routines back on track after summer. A reset for busy professionals, covering breakfast, lunch, snacks, hydration and simple habits that are realistic to maintain.
OCTOBER	EAT FOR YOUR BRAIN What we eat can influence energy, concentration and cognitive performance throughout the working day. Discover the foods and eating habits that support focus and brain health, from breakfast and lunch to caffeine, hydration and snacks.
NOVEMBER	WELLNESS OR JUST HYPE? From fasting and supplements to wearable data and the latest wellness trends, it can be difficult to know what is genuinely useful and what is simply clever marketing. We'll look at the evidence behind some of the biggest health trends and what they mean for our wellbeing.
DECEMBER	THE FESTIVE FOOD SURVIVAL GUIDE Enjoy the Christmas season without feeling that you've completely fallen off track. We'll look at managing alcohol, sugar, party food and busy schedules, while keeping energy, enjoyment and healthy habits in balance.

"GABY'S ADVICE WAS PRACTICAL, PITCHED AT THE RIGHT LEVEL AND FUN! WE HAVE HAD SUCH POSITIVE FEEDBACK FROM OUR COLLEAGUES."

NICOLA BARBER, JAMES HAMBRO & PARTNERS

Prices start from £450

All dates are flexible, other topics available on request