

Anita Kossiter

AUTHOR. SCIENTIST. HEALTH & VITALITY COACH.
HOLISTIC NUTRITIONIST.
MUM TO 3 GREAT KIDS.



8 Week
Workplace Wellness Program

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Intentions and Outcomes

- To educate employees about their personal health, how to listen to their body and how good health improves quality of life
- Encourage through goal setting employees to take "ownership" of their behaviors and be accountable for their health
- Improve productivity in the workplace
- Develop a sense of workplace morale
- Reduce absenteeism due to illness
- Help employees develop an awareness of their health which can be shared with colleagues and peers and also the wider community through families and friends.

8 Week Workplace Wellness Program

Over eight weeks, participants are taken on a structured path of learning to provide a holistic education around their health. It is an empowering program which nurtures the long-lost skill of developing self-intuition (really listening to your own body).

Each week a group meets for between 60-90 minutes (depending on numbers) and a topic is explored. Accompanying notes are provided for each topic. At the end of each session a goal is set by each participant to focus on over the coming week. Additional support in the form of recipes and further reading is provided weekly.



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Course Content

Week 1: Introduction and "What is Real Food?"

- Comparing our health today to 200 years ago
- Changes to our diet in the Western World over 200 years
- Looking at food labels – ingredients and the nutritional panel
- How to navigate the supermarket
- Menu plans for 4 weeks and accompanying recipe book are provided
- List of pantry essentials
- Tips for cooking and shopping

Week 2 and 3: Looking at Inflammatory foods

- Sources of inflammatory foods:
- Refined carbohydrates
- Refined sugar
- Processed / Toxic fats and oils
- Preservatives/additives
- How they impact hormones, mental health, gut health, moods and stress
- How to make sustainable changes to the diet

Weeks 4 and 5: Gut Health

- "All disease begins in the gut" Hippocrates
- Link between gut health and depression, anxiety, moods, energy and weight
- Optimal digestion
- Leaky gut
- Supporting our gut bugs for optimal health
- Healing and supporting foods for everyday health
- Recipes and link to cooking demonstrations provided

Week 6: Toxins

- Awareness of the different sources of toxins and how they impact our health
- Sources include food, beauty products and toxins in our home
- Choosing healthier products
- Supporting the liver and gut from the effects of toxins
- Supports will be provided to take home and try

Week 7: Sleep

- The role of sleep in our health (hormones, weight, disease prevention)
- Ways to improve sleep hygiene
- The role of screens, blue light on sleep
- Greater quality sleep = greater productivity
- Our circadian rhythm and how to incorporate down time into the day

Week 8: Stress

- This module ties together the entire content of the course and describes the effect stress has physically on our health
- Ways to manage stress
- Nutritional supports to help in times of increased stress
- Mindfulness in daily work life



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Why is this so successful?

In order to make changes in our lives to improve our health, we need to possess not only the motivation but the inspiration to do so. This is the difference between having the knowledge of how to "eat well" and exercise for health and actually applying this information in our daily lives. "Only three in ten Australians indicated lack knowledge about how to implement a healthy lifestyle prevented them from maintaining a healthy lifestyle at least sometimes over the past twelve months" (APS Stress and Wellbeing in Australia Survey 2014).

Guiding people with the tools to explore both their motivation for health and their inspiration (what it is that makes them tick) has been the key to developing a successful group program. Over eight weeks, a topic of education is presented and there is the opportunity for discussion around each of these topics. At the end of each session, each person sets and shares a goal for the coming week to focus on which can be specific to any area of their life.

"The specific feature I enjoyed most about the program was the setting of goals at the very end. I felt accountable to the group to tick off or achieve what I said I would so I implemented change where I otherwise might not have."

- Kate Murfett RCS Australia

"As a result of the program, not only did it get me thinking about my health but it got me thinking about me in general."

- T. O'Connor

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What are they saying?

Not only did she get me thinking about my health, but got me thinking about me in general.

I enjoyed learning about the "why". Setting goals for the week and supporting each other. Amazing recipes to help make the changes.

I liked our group discussions about all topics, and losing weight because I changed my eating habits.

Recently our office completed Anita Rossiter's 8 week wellness program and we are so happy that we did! We believe that if our team are happy and healthy that this ultimately reflects on their workplace performance, productivity and builds a positive work environment. Anita's sessions each week were absolutely exceptional and all of the team thoroughly enjoyed themselves and looked forward for learning more each week. Anita's wealth of knowledge surrounding health and wellness is mind blowing and she takes great care into researching and providing accurate information. We each learnt so much about ourselves and our individual health as well as cultivating a great team bonding environment of sharing our own experiences with our fellow work colleagues. We are now all on a healthy lifestyle path together where we are keeping each other accountable and spreading our knowledge with our family and friends. We are truly grateful to Anita for her generosity, kind nature and sincere care in helping to profoundly change our lives towards being happy and healthy. We would strongly recommend her program to any workplace looking to provide an extra level of support to their employees that has a long lasting positive effect on not only their work performance but their overall wellbeing. Thank you so much Anita we are so grateful!

**- Claudia Coren – General Manager,
Yeppoon Real Estate**

I feel better educated. I am making better decisions for myself and my family when it comes to food and cleaning products, etc...

I would like to share some feedback regarding an 8 week workplace Wellness Program my staff and I at O'Reilly's Real Estate recently completed with Anita Rossiter from Eat and 3 Veg.

Firstly, let me say this holistic program was personally life changing for myself as owner and manager of the business. It not only delivered so much incredible information about nutrition and the effects a poor diet can have on us physically, mentally and emotionally, it also incorporated so many tools to help me manage my general wellness in regards to stress, sleep hygiene and mindfulness. This has empowered me to handle the pressures of managing a demanding business and living a busy lifestyle in a more focused, calm and less stressful manner.

As for my team at O'Reilly's, they absolutely loved it and really appreciated it. It was life-changing for each and every one of them. Some of the results with staff who were well off track with their wellness was incredible. This program was an excellent team building exercise also - generating greater motivation and enthusiasm in the workplace. Setting weekly wellness goals together and supporting each other to achieve them pulled the team together resulting in greater team connection, morale, productivity and a happier workplace

Anita is an outstanding, engaging presenter with a wealth of wellness knowledge - in fact one of the most inspiring I have been fortunate enough to work with during my 30 years in business. I highly recommend Anita and her 8 week Wellness Program to any organisation wishing to do something special for their staff and to empower their team to be the best they possibly can be.

**- Ross O'Reilly - Principal Licensee,
O'Reilly's Real Estate**

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"Empowering you and your family with information to make healthy choices to enhance health, wellness and vitality."

Time Allocation

Each session runs for 60 - 90 minutes weekly, depending on the size of the group.

This can be adjusted to suit your team and requirements.

Outside of the course, additional resources are provided to participants to explore beyond work hours. These can be shared at home with the participants' families and friends.



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About Anita

Anita has a vested interest in health and a passion to educate and inspire others. As a scientist and nuclear medicine technologist for 14 years, she was surrounded by the increasing health statistics. Then she and members of her family also became statistics. With the development of type 2 diabetes, metabolic syndrome, severe depression and autoimmune disease, Anita merely existed. But the discovery of multiple health challenges in her children saw her embark on a journey of research and lifestyle changes which has seen not only improvement but removal of the label of most diagnoses in herself and her family. This was the change that prompted post-graduate learning in nutrition and the study of health coaching.

With an early approach of solely providing nutritional education and advice, she quickly recognised that true nutrition is not just food and exercise. She started to explore the reasons behind why people may be resistant to making changes and why there could be self-sabotage patterns that blocked people improving their lives.

Group programs became one of the most powerful ways of information sharing and developing sustainable change that Anita recognised. They provide a safe setting for participants to discover the "why" behind the education being presented. It incorporates an opportunity for reflection time where these patterns and resistance could be identified and during this process, slow and steady changes both in individuals and workplaces evolve.

Qualifications

- Bachelor of Science (Monash University)
- Bachelor of Applied Science (Medical Radiations) (RMIT University)
- Graduate Diploma Human Nutrition (Deakin University)
- Health Coaching Certificate (Institute of Integrative Nutrition – USA)
- Practitioner training with MINDD Foundation
- Practitioner training through ACNEM
- Practitioner training with Fitgenes
- Practitioner Certified in Neuro-Linguistic Programming (NLP) Therapy, Timeline Therapy and Emotional Freedom Technique.



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Other Services

Individual Consulting

- One Hour Consultation
- Personalised Ongoing Coaching Packages

Group Programs

- Reclaim Your Health 8 Week Program
- Bounce Back From Burnout 6 Week Program
- Bounce Back From Burnout 6 Module Online Program
- Weekend Workshops

Corporate Programs

- One-Two Hour Presentation
- All Day Wellness Program
- Workplace Wellness 8 Week Program (One Hour Per Week)

Wellness Retreats

- Speaker, Mentor and Advisor at Rosslyn Bay Wellness Centre
- Retreats are regularly held for different outcomes throughout the year in Yeppoon, Queensland.

Media Interviews

Anita has appeared several times in the media on ABC Radio (Tas), the Advocate Newspaper (Tas) and The Morning Bulletin (Qld). Listen to her and her close friend Cecilia on their own weekly show "Sensitive Podcast" - available on iTunes as well as many other podcast services. She has also been interviewed for other popular podcasts and blogs including:

- Thriving Children Podcast with Clare Crew (Episode #26) February 2016
- Unleash Your Inner Superstar with Dr Sam Parker (Episode #8) - November 2015
- Secret Mum's Business with Angela Counsel (Episode #25) - March 2015
- Natural New Age Mum Blog - January 2015
- Green Zebra Blog - December 2014
- Pete Evans Paleo Chef - Facebook Page Feature - October 2014



Specialty nutrition products
available online from:
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