



For Businesses, Charities and Educational sectors.

Nutritional Wellbeing:

For Energy, Focus and Performance

Seed Wellbeing® is a registered trademark as of March 2026

Our Core Principles

At Seed Wellbeing, our four core principles are more than guidelines; they shape how we think, partner and deliver meaningful change. They ensure our work stays human, strategic and grounded in long-term impact. Our expert wellbeing reviews have been designed to create meaningful impact by aligning wellbeing with organisational and educational culture.

Our Four Principles:

1. Grow Together

We believe wellbeing and performance are strengthened through connection and shared responsibility. Growth is most powerful when it happens collectively, building trust, collaboration and a culture where people support one another. Through shared learning across mental health awareness, wellbeing practices, financial confidence, and leadership development, individuals and teams build a common language around wellbeing. This strengthens collaboration, trust and accountability, enabling teams to grow together rather than in isolation.

2. Human First

Each module recognises employees as whole people. By addressing mental, emotional, physical and financial wellbeing, the program improves confidence, resilience, and self-awareness. People are the foundation of every organisation's success. By placing human experience at the centre of strategy, leadership and culture, we help organisations create environments where individuals feel valued, supported and able to do their best work.

3. Transformative Change

We work with organisations committed to rewriting the norms around workplace wellbeing. Real transformation demands clarity, responsibility and the determination to build cultures that genuinely elevate their people. Lasting impact requires more than surface-level initiatives. This pillar reflects our commitment to deep, sustainable cultural change that shifts behaviours, mindsets and systems, embedding wellbeing into the way organisations truly operate.

4. Authentic Connection

Real progress starts with honest conversation and psychological safety. We lead with honesty and approachability, creating spaces where people feel safe, respected and genuinely understood. We show up as we are and expect the same from the organisations we partner with, because real progress starts with real conversations.

Nutritional Wellbeing

For Focus and Performance



In today's high-pressure, fast-paced working environments, employee wellbeing is a key driver of sustained performance, engagement, and resilience. Our Nutritional training equips employees with the knowledge and practical tools to understand how nutrition influences energy, cognitive function, mood, and overall workplace effectiveness.

Designed specifically for high-performing organisations, our training provides evidence-informed guidance that is realistic, inclusive and applicable to the demands of modern life. Rather than focusing on restrictive approaches, we empower employees to make informed, sustainable choices that support their health, focus and performance, both inside and outside the workplace.

What impact does this have?

Through practical strategies and relatable examples, employees learn how to optimise daily habits to improve concentration, maintain energy levels, manage the impact of busy schedules and build greater awareness of the connection between nutrition and mental wellbeing.

What are the key objectives?

- Increased understanding of the relationship between nutrition, brain health, mood, and workplace performance.
- Practical strategies to support sustained energy, focus, productivity, and decision-making throughout the working day.
- Greater awareness of how nutrition can influence stress management, resilience, and emotional wellbeing.
- Realistic approaches tailored to the needs of busy professionals, including demanding workloads, meetings, travel, and changing schedules.
- Increased confidence in making informed, wellbeing-focused choices that are achievable and sustainable.
- Empowered employees who can take proactive steps towards improving their health, performance, and overall wellbeing.



What are the benefits for your organisation?

By investing in Nutritional Wellbeing training, organisations can support a culture of proactive health and performance, helping employees feel energised, focused and equipped to thrive in demanding environments.

Our training complement wider workplace wellbeing strategies by promoting sustainable behaviours that can contribute to improved engagement, resilience, and long-term workforce effectiveness.



@seedwellbeinguk

WHAT'S ON YOUR PLATE?

Understanding the connection between nutrition and our mental wellbeing

Our training explores the connection between nutrition, mental health and the working environment, including performance. Delivered in a practical, non-prescriptive way, this training empowers employees to make informed, sustainable choices & understand how to increase their awareness around nutritional wellbeing benefits.

The Science

Understanding the scientific links between nutrition and hydration, mood, motivation and cognition

The Awareness

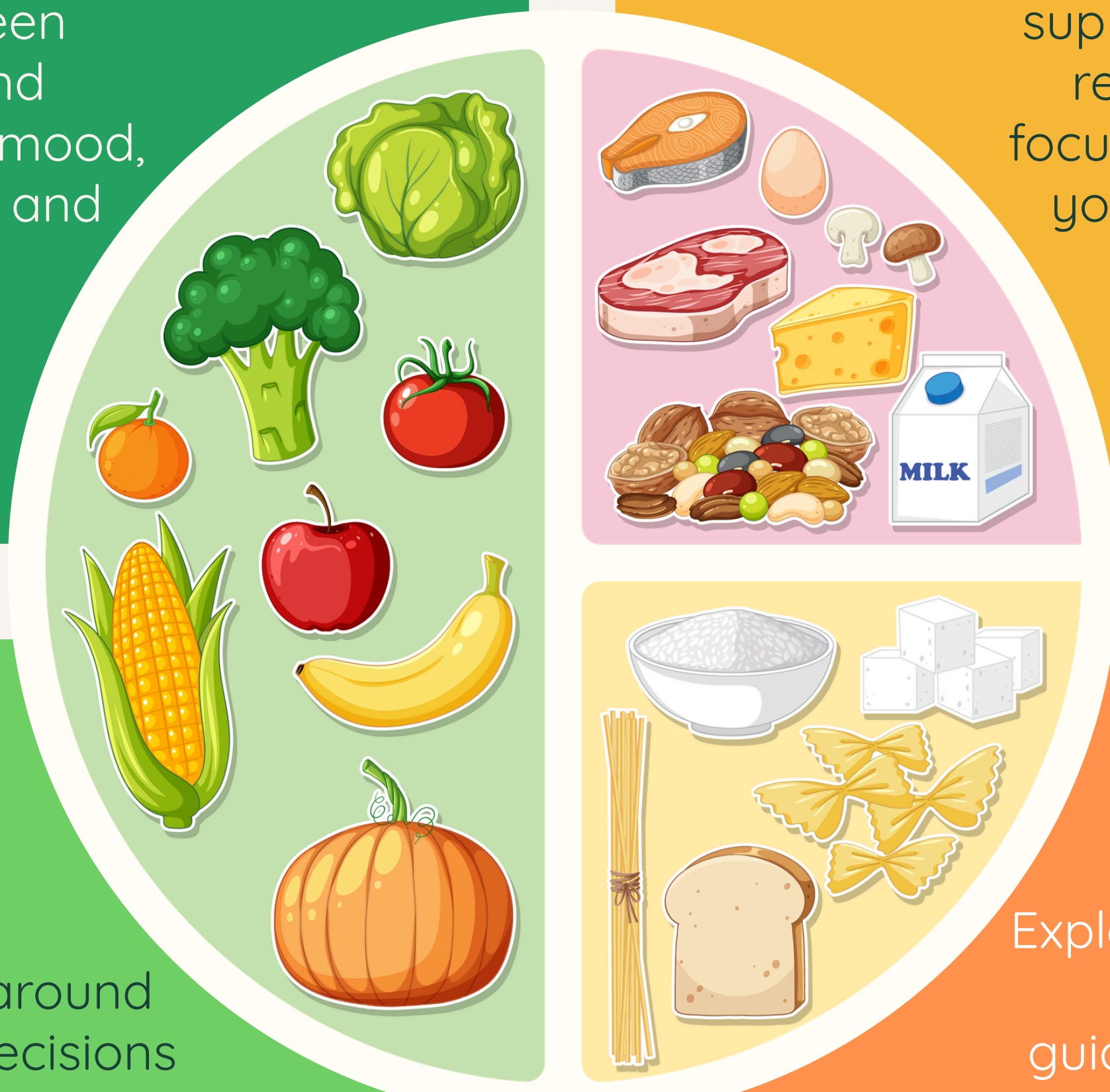
Understand and build strategies to support energy, resilience and focus, improving your wellbeing

Increased confidence around nutritional decisions and build resilience through supportive choices

The Decisions

The Guidance

Explore practical tools and guidance that is tailored toward busy working people.



Read some of our testimonials!

"I'd be very happy to recommend Seed Wellbeing based on our experience working with them. They have supported us across a number of wellbeing initiatives and what has stood out is the breadth and depth of their offering. Rather than focusing solely on standalone training sessions, they take a more holistic approach to wellbeing, helping organisations embed it within their wider culture and people strategy.

Throughout our engagement, we've found the Seed team to be thorough, professional and genuinely invested in achieving positive outcomes. Their recommendations have always been practical and grounded in the realities of running a business, rather than being purely theoretical. We've had a very positive experience and would certainly engage with them again in the future"

Becki Simmons, CEO - March 2026

"Our approach to mental health isn't for everyone (I wish it was!) but it means a lot when we meet and work with businesses like yours that are focusing on it. I don't believe there is a reason every business can't be a "mental health company first" and a ??? business second "

Ben Cloud, CEO - April 2026

"I wanted to say a huge thank for the MHFA training. This was my third session and honestly the best one yet, I'll definitely be recommending you to others. Meeting people like you who are helping to break down the stigma and educate others is really inspiring"

Autumn Keeping, Head of HR - Jan 2026

"Jodie visited the University of Portsmouth to deliver a presentation related to financial wellbeing. The session was fantastic in helping employees understand how to feel more in control of their finances and make the most of their money. Many of the attendees fed back that they valued the personal approach Jodie had, I feel as a result, myself and wider colleagues are now in a better position to make the most informed and confident decisions when it comes to our finances"

Portsmouth Univeristy, Staff Side Rep - Jan 2026

"Biscoes Solicitors has worked with Hannah for some time and she has brought clarity to our employee wellbeing programme and been an excellent source of support to Holly Griffin. I am so pleased to recommend Seed Wellbeing to any business"

Alison Lee, Biscoes Solicitors March 2026

"When Hannah shared about her personal experiences, I related to how she felt lost growing up. Her honesty as a professional I think was special. A lot of us think the therapist or doctors have never experienced poor mental health or have struggles, because we never hear from them. I found Hannah so inspiring, the team of professionals are just a normal human as us! "

Chris Davis, Community workshop April 2026

What's Next?



As an multidisaplinary team of professionals with over 2 decades of experience collectively, we support leadership teams and their wider organisation to embed mental health and wellbeing into the heart of their culture. In a professional landscape defined by constant change, high expectations and increasing mental demands, wellbeing is not a soft issue. It is a core driver of performance, reputation, and sustainability.

Investing in wellbeing is about investing in your people, because people are your most valuable asset.

Are you are interested in exploring this training offer for your organisation?

Contact Us

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