

## NUTRITION AND ENERGY FOR BUSY PROFESSIONALS

<b>Start Date:</b>	09/03/2026	<b>End Date:</b>	13/03/2026
<b>Categories:</b>	Wellbeing & Personal Dev	<b>Venues:</b>	Dubai
<b>Formats:</b>	In Person	<b>Instructors:</b>	Sami Khoury

### OVERVIEW

This course empowers professionals to optimize their nutrition for sustained energy, mental clarity, and resilience throughout the workday. It's designed to provide realistic, actionable strategies for eating well under time pressure.

### OBJECTIVES

By the end of this course, participants will be able to: – Understand how nutrition impacts focus, energy, and mood. – Plan and prepare simple, energizing meals and snacks. – Identify and avoid common nutrition pitfalls in the workplace. – Align food choices with physical and cognitive performance needs. – Build sustainable routines that support health and productivity.

### COURSE OUTLINE

1- The Science of Nutrition for Energy and Focus 2- Meal Timing, Macronutrients, and Blood Sugar Control 3- Office Eating, Hydration, and Smart Snacking 4- Food Prep, Planning, and Dining Out Strategies 5- Building Your Personal Nutrition Plan

### TARGET AUDIENCE

Busy professionals, team leaders, frequent travelers, and anyone seeking better energy and mental sharpness through nutrition.

### METHODOLOGY

Meal planning labs, food diary exercises, live demos, performance nutrition coaching, and peer review planning.

### CONCLUSION

Participants will leave with a personalized eating plan designed to enhance energy and performance throughout the workday.

### DAILY AGENDA

### **Day 1: Fueling the Brain & Body**

Explore how food affects performance and energy regulation.

### **Day 2: Eat with Intention**

Learn simple ways to balance meals and stabilize energy.

### **Day 3: Nutrition at Work**

Build practical routines for smart eating in the office or on the go.

### **Day 4: Design for Real Life**

Create low-effort, high-benefit strategies for daily meals and snacks.

### **Day 5: Your Energy Plan**

Put it all together into a sustainable eating system that works for you.

*For more information, please contact us:*

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