

NUTRITION AND ENERGY FOR BUSY PROFESSIONALS

Start Date:	06/09/2026	End Date:	10/09/2026
Categories:	Wellbeing & Personal Dev	Venues:	Dubai
Formats:	In Person	Instructors:	

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

All Supervisory Levels, 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.

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