

# Sonia Funk R.N.T.

Corporate Wellness Strategist

Speaker    Nutritional Therapist

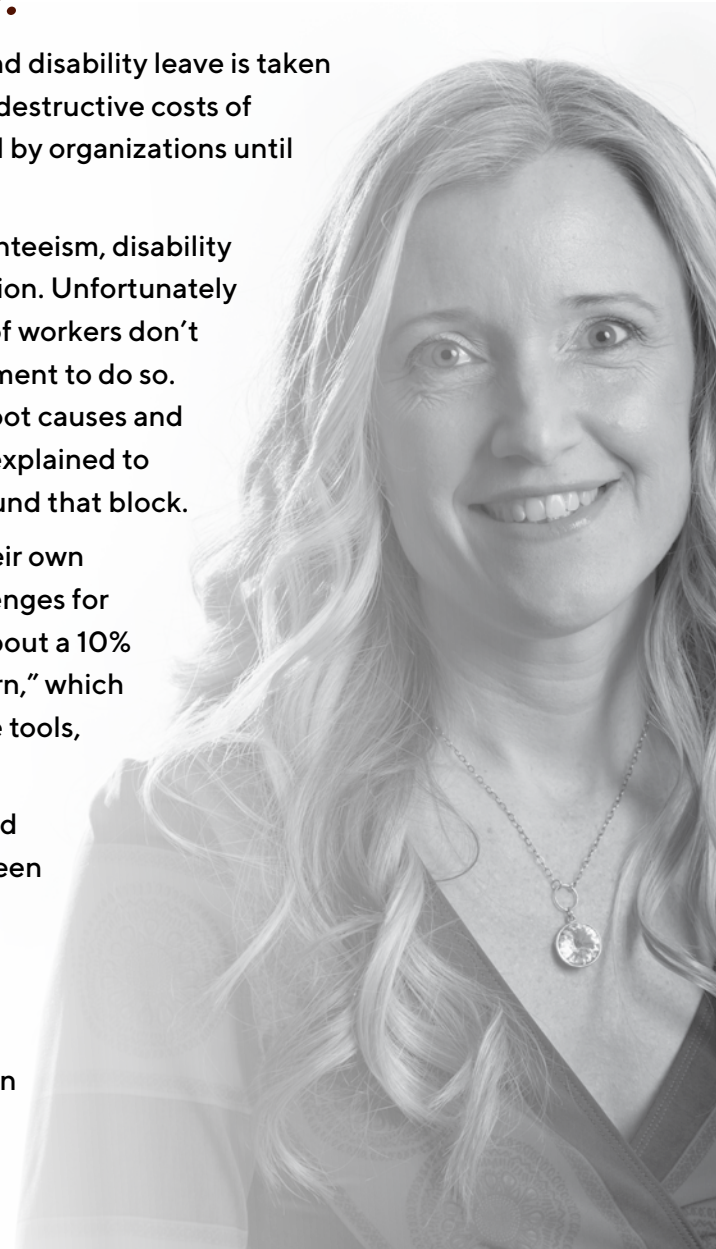
## ***Absenteeism is a rising problem costing Canadian employers \$16.6 billion every year.***

When one in four Canadians are leaving their jobs due to stress, and disability leave is taken by one in five, talent retention becomes difficult. Additionally the destructive costs of presenteeism, which are difficult to measure, tend to go unnoticed by organizations until it's too late.

Considering numbers like these, prioritizing the reduction of absenteeism, disability and presenteeism are clear goals that would benefit any organization. Unfortunately well-intentioned wellness programs often fall short. The majority of workers don't change their behaviour even when given incentives or encouragement to do so. Why? They haven't been given a deep understanding of the the root causes and effects of their current state of health or lack thereof. No one has explained to them why it's so hard to make 'good' decisions and how to get around that block.

Sonia understands that your employees are overwhelmed with their own day-to-day lives as it is. They are not interested in feel-good challenges for their nutrition, walking, or drinking more water, which have only about a 10% participation rate. She also knows that a one-time "lunch-and-learn," which doesn't offer employees a perception shift nor immediately usable tools, doesn't even get in the first ear anymore.

Sonia can give your employees powerful insights into the 'Why' and the 'How' of improving all aspects of their wellbeing. Combining keen observational skills with an unusual and uplifting common sense, Sonia has an extraordinary talent for identifying and explaining the root causes of productivity-draining ailments such as fatigue, digestive issues, chronic illness, stress, anxiety and depression. What's more? Her approach is heart-centred and her calls to action are full of empathy and realism. This is how she inspires authentic enthusiasm that generates measurable results.



***Sonia would love to hop on a call to discuss how she can help you and your team***

**Book a Discovery Call with Sonia**

# Presentation 1

## The Biology of Safety **A new way to assess risk**

In The Biology of Safety Sonia takes stress, health and lifestyle choices, into the context of safety. She speaks to the physical impact of stress, on a body that is not supported by a balance lifestyle, leads to the breakdown of specific body systems, which upend mental health and create additional symptoms and illness.

By the end of this presentation the audience will have a deep understanding of

- How daily stress and lifestyle choices impact our body and brain function
- How that function alters our neurotransmitters & hormones
- How those imbalanced chemicals in the body have a direct impact on safety.

Educating employees on how this acts out in their daily lives could potentially save as many lives as a hardhat. In addition, educating leaders on biological red flags to watch for will help them assess a whole new dimension of risk.

*"In a day and age when your employees are going to be working for you longer than you ever meant for them to, and with more health conditions than we have ever seen before, this kind of intervention is also the prevention you are looking for."*

- Sonia

# Presentation 2

## It's Not Your Fault **Exploring Brain Health vs Mental Health**

We are all surrounded by triggers, instigators and compounders of stress, anxiety and depression in our daily lives. They are everywhere. In the news, on our dinner plates, in our morning mugs, in our homes, at school, in our relationships, on the road, at work, in our email. Some of the most powerful triggers shine out to us from our phones and are hidden within our own digestive tract and immune system. They can be camouflaged by "positive thinking" that is based in avoidance - but also magnified by "negative thinking" that is not constructive. Sonia sees the rise in mental health issues in our society as an outcome, not as a condition to be treated in isolation.

Due to our personal histories, our genes and our environment, some of us are more susceptible to the heavy load that all of these factors place on our minds and our bodies. Sonia sheds light on factors such as stress, food, our microbiome, social media, and relationships. In true Sonia style, she does it in a way that leaves you with the most incredible relief. It is not your fault that you feel stressed out all the time. And, you can actually do something about it.

# Presentation 3

## There's No Such Thing as "Healthy Food"

The story of what has happened to our food supply matters more in understanding our health today than anything else. It contains the collective answer for how and why we have become so sick and tired.

### Highlights of this foundational seminar:

- With some help from Sonia the audience will reconstruct the "race up superfood mountain" to prove to themselves that there is no such thing as "healthy food." Something is either food, or it's not food - this makes navigating nutrition much easier.
- Sonia will lift the veil of marketing and 'nutrition' studies in a way that you never allow them to confuse you again.
- Health issues discussed in this in the context of this seminar include fatigue, digestive issues, cholesterol, and brain health.