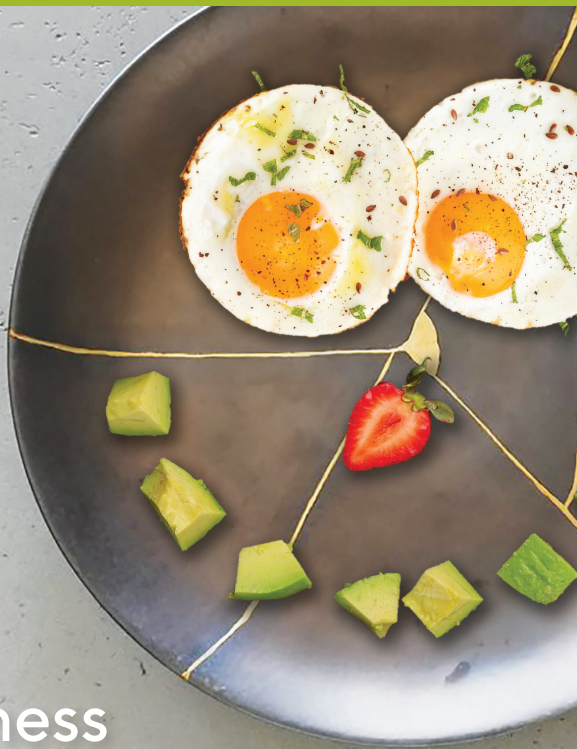


Sonia Funk R.N.T.

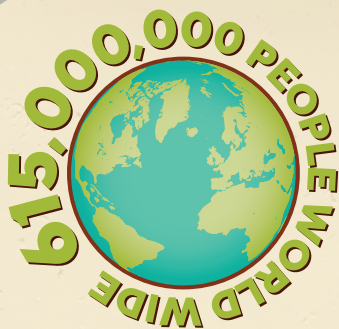
Food Mood You

Real Talk on
Health & Wellness



Canadian Adults aged 18 and older screened positive for at least one of three mental disorders that were assessed: major depressive disorder, generalized anxiety disorder, and post-traumatic stress disorder (PTSD).

– Stats Can, Dec 2020



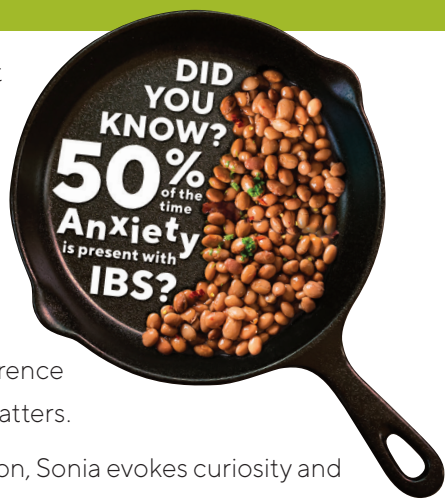
suffer from depression and anxiety which, according to a recent WHO study, costs the global workforce an estimated \$1 trillion in lost productivity each year.

– HBR.org

Mood

Sonia dives into 7 aspects of our lives that impact our mental health, such as the microbiome, relationships, food and thoughts. She will introduce powerful questions and concepts to the group. Changing the question from “*What is wrong with them?*” to “*What has happened to them?*”, Sonia facilitates an enlightening and engaging discussion. She then explains the difference between an “illness” and an “injury”, and why it matters.

With the new questions and insights in this session, Sonia evokes curiosity and triggers empathy. These qualities trump stigma and open the door for a positive shift in the collective mindset around “Mental Health.”



Those reporting poor mental health are **up to 4x** more likely to report increased substance use since the pandemic began.

– Statistics Canada

Food

“No amount of talk therapy, mindfulness, meditation, breath work, or exercise can put the **building blocks for mood supporting neurotransmitters and hormones into your blood stream.**

Real food does that.”

– Sonia Funk



Sonia will prove that navigating nutrition is not nearly as complicated as we have come to believe. She tells a different story about food and walks participants through a paradigm shifting exercise called “*The race up Superfood Mountain.*” A fun mindfulness exercise then follows. Health issues discussed in this context include fatigue, brain fog, blood sugar and digestion.

With the big picture perspective that Sonia brings to the topic, real change for wellbeing becomes possible.

Our nervous system was designed for a world that does not exist anymore.

That's why kindness is everything.
- Ethan Nichtern

You

This is where Sonia brings it all home.

Approaching our wellbeing from the perspective our own stories and understanding the basics of how the nervous system works, is crucial. Sonia will take the group through her signature timeline exercise and give them her magical three-direction compass for stress navigation. She then integrates all of the learning in this series, by walking through the science behind the empowering perception shift of the “mind and body” to a “mindbody.”

What makes this series so great?

- 🕒 Sonia's unique insights and perspectives help individuals find a simpler, realistic path back to feeling good.
- 🕒 The extended Q&As create opportunity for Sonia to deliver additional learning specific to the needs of the group.
- 🕒 To continue the learning afterwards, Sonia sends the group a tailored takeaway sheet, based on discussions during the sessions – and some of her famous recipes, of course!



Sonia Funk^{R.N.T.}

o Corporate Wellness & Culture

o Speaker o Coach & Trainer

Sonia Funk is a Corporate Wellness Strategist, Speaker & Nutritional Therapist. She has traveled the world as both student and teacher.

Her super-powers include outrageous common sense and a willingness to ask the hard questions, which allow for easier answers. Sonia's insights cut through all the misinformation, fads and cliches around food, wellness and mental health. Her work is infused with empathy and humour. Giving her audience the courage to find a better question, she helps them understand the real reasons why they are struggling. With this awareness, and with the tools she provides, real change for wellbeing becomes possible.

In this powerful wellness series, Sonia takes her most powerful and effective insights on total wellbeing and distills them down into a comprehensive knowledge set that delivers impactful strategies to everyone.



thewholeavocado.com

**Get support for your team,
in person or virtually, worldwide.**

Book a call with Sonia

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