

# Kate Cook

The Business of Wellness

"Your session blew me away."

Individual from GE HealthCare



## Nutrition and Wellness expert, author and keynote speaker

Kate Cook gives talks and workshops to business clients empowering their staff to adopt healthier lifestyles. With over 20 years' experience, fresh, creative and practical information is delivered in an interactive style that encourages involvement and engagement.

Kate is passionate about making nutritional change easy and effective.

She is a highly experienced international speaker and her successful practice methods have secured extensive TV appearances, publishing deals, magazine features and commissions as an international keynote speaker.

As founder and director of the Harley Street clinic The Nutrition Coach, Kate has personally worked with more than 7,500 patients face to face.

TV appearances include UKTV's 'The Truth About Beauty'.

Books include 'Get Healthy for Good' (Whole Health), 'Drop a Dress Size', 'Shape Up Your Life', 'Be Incredibly Healthy', 'An Unfit Mother' (Harper Collins), and the 'Corporate Wellness Bible' (52 Brilliant Ideas), Kate Cook's Wellness Guide (52 Brilliant Ideas), Positive Nutrition – Strategic Eating to Upgrade Your Health and Energy (LID).

"Thank you again Kate for a really **interesting and excellent presentation** which everyone seemed fully engaged with!"

**Gemma Brady, Accenture Digital**

"Thank you again Kate for making such a **profound difference to how I live my life.**"

**Jim Brearley, Accelerate UK**

"Kate Cook with her **energy, enthusiasm and knowledge** inspired our employees in Zurich to lead **healthier and happier lives**. A great day and time well invested."

**Roksana Fasovska, Coutts Bank, Zurich**

"I love the way Kate presents, well done for bringing her into the business."

**P Allen, Skanska**

"**Insightful, witty and charismatic** were just some of the key words expressed by our staff."

**Sam Wowk, Health and Wellness Advisor (UK and US) Time Warner**



**Corporate Wellness**  
Better Work Performance



**Strategic Eating is not Healthy Eating**  
(Healthy Eating is Boring)

## Some of Kate's Popular Talk Descriptions include:

### Genes Load The Gun, Lifestyle Pulls The Trigger

Kate looks at how diet can radically change your health outcomes.

### Sugar Bites Back

Kate puts sugar in the context of how being addicted to the 'Pure White and Deadly Sweet Stuff' also not only impacts our health but also our environment and our moral conscience.

### Vibrant Energy

Create vibrant and lasting energy through the foundation of Strategic Eating.

Plus many more great topics to choose from including talks on Sleep, Resilience, Mental Health, Stress, Environment and Nutrition, Mindfulness and Nutrition, Food and Community to suit your people.



Biography

[Wikipedia entry >](#)

[LinkedIn Profile >](#)

[Website >](#)

[YouTube Channel >](#)



"Kate Cook delivered **well-informed, high-energy talks** throughout the day - overall, the participating employees rated her "excellent" on the feedback forms - it was a really inspiring and engaging day."

**Delia McMeekin, HealthAhead Team, GE Healthcare**

"Kate Cook engages the team with **practical, easy-to-dos** that could potentially make a huge difference to how we work. She inspires by being fun, vibrant and convincing. Kate creates a dynamic foundation for health and wellness."

**Holly Riches, Queen Mary College of Business and Management, University of London**

## Clients include

3M, Accenture, Ashurst LLP, Bank of England, Bank of New York Mellon, Bartlet Mitchell, BDL Redefine Hotels, BNP Paribas, British Assessment Bureau, Canon Europe LLP, Catlin Holdings, Channel 4, Charles Russell Solicitors, Chiswick Business Park, Christie's Fine Art Auctioneers, CityWest Homes, ConocoPhillips, Coutts (Zurich), Davis Polk & Wardwell London LLP, Discovery Channel Europe, EDF Energy, Eucerin, Fidelity (TEDx), Food Secret, Gardiner and Theobald, GE Healthcare, Here East, Indeed, Investec, Itsu, Jack Wills, Jones Lang LaSalle, JP Morgan, LACA Conference (Key Note), Land Securities, Landor, Leiths, Lloyds Bank, London Underground Ltd., McKinsey Consulting, Merrill Lynch, Network Rail, Ogilvy & Mather, Origins, Overbury, Oxford University Press, Ping Pong Restaurants, Pret A Manger, Price Waterhouse Coopers LLP, Prudential (Asia), Queen Mary Business School (University of London), Reckitt Benckiser, Royal Bank of Scotland, Skanska, Tata, The Crown Estate, The White Company, Time Warner, Tommy Hilfiger Europe BV, Verisona Law, WorkTec 2011 (Keynote), Venues of Excellence (Key Note).



Contact  
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