

Wellness Topics

Talk / Workshop Topics



Dr. AILIS BROSANAN

INFINITE WELLNESS



Dr. Ailis Brosnan is a plant-based wellness expert who has nearly 30 years experience helping people create healthier lifestyles so they feel confident, energised and engage more fully in life.

Ailis has three degrees in the health and fitness field including Exercise Science, Health Promotion and Wellness Management and Health Psychology.

She has worked in a variety of settings ranging from a workplace, to community to non-profits.

In her spare time Ailis loves being active in the outdoors and setting challenges for herself. She has completed an Ironman Triathlon (3.8km swim, 180km bike and a marathon) and this year she cycled from Malin head to Mizen head.

You can find out more about her on www.AilisBrosnan.com

Thanks for downloading this overview of the services we offer at Infinite Wellness. We would love an opportunity to talk through the options with you as we specialise in doing bespoke talks and workshops that best suit the needs of your group or organisation.

The majority of the workshops can also be adapted for online webinars with breakout rooms where appropriate.

Ailis can be reached on 085 7725133 or info@AilisBrosnan.com

“It is health that is real wealth and not pieces of gold and silver”

Gandhi





TALK / WORKSHOP TOPICS

NUTRITION:

Healthy Eating 101 ^W

Nutrition can be confusing to say the least. This presentation simplifies the research and outlines the key principles for nourishing your body for optimal health. Practical tips and advice on how to manage healthy eating with a busy schedule are also discussed.

A half-day workshop would also include a practical demonstration of making smoothies, salad dressing and energy balls.

Eating for Energy

This presentation focuses on the types of nutrient dense foods that help energise us to get through the work day and still feel great! It also provides practical tips and advice on how we can manage healthy eating with a busy schedule and avoid the mid-afternoon slump.

Eat More, Weigh Less ^W

Sounds too good to be true but it is true if you know the right foods to eat! In this informative talk, many of the myths around weight loss will be dispelled and clear guidelines given so you know what works and what doesn't.

A half-day workshop also includes the Exercise for Weight Loss workshop and either a recipe demo or exercise session.

Plant-based Nutrition ^W

Learn all about the health benefits and the research behind plant-based eating. All participants will leave with some healthy recipes they can get started with to add more plant-based foods to their diets.

A half-day workshop would also include a cooking demo and sampling of tasty food.

Breakfast of Champions

We all know that breakfast is an important meal and sets us up for the day. Yet, we often skip breakfast or grab something quick and easy, leading to cravings and overeating later in the day. In this talk we will explore the best foods and nutrients to have in the morning to set you up for a great day and you will get to see lots of good examples of healthy foods.

Food and Mood

This presentation will explore the fascinating connection between food and mood – the gut and the brain. Discover what the latest research has to say on this topic and get lots of practical advice on foods to eat for better wellbeing.

Eating for Fitness

This talk covers the key principles of sports nutrition but breaks them down into guiding principles that can easily be applied to help improve performance and health of active participants. It includes what to eat before, during and after training plus key things to know for a race or event day.

Cooking Demos

Bespoke Healthy Cooking Demos are available on request - from smoothies to summer salads.

W = these talks can be expanded to half-day or full-day workshops



TALK / WORKSHOP TOPICS

EXERCISE:

Exercise Express ^W

A talk that includes the benefits of being active, how to fit exercise into a busy schedule, and motivation tips to help you keep active once you get going.

A half-day workshop would also include practical experience of warming-up, stretches and a home based strength routine you can do in less than 30 minutes.

Running 101 ^W

This is perfect for people who enjoy walking but would like to progress to running but just aren't sure where to start. It will cover essentials like training programs, gear, events, injuries and more.

A half-day workshop would also include a group running session, heart rate zone assessment and stretches for runners.

Workouts for home

Don't have time for the gym? This session will talk briefly about the benefits of strength training and why we all need to be doing it more. Participants will be guided through a 30 minute routine they can do at home. Participants will leave with an 8 week strength based program they can work on from home.

Get Active, Stay Active

We all start out with good intentions but rarely stick with it. This talk focuses in on the best motivators to help you keep up your activity levels so exercising becomes routine and you miss it if you don't do it!

Participants will leave inspired to get active and stay active!

Eating for Fitness ^W

This talk covers the key principles of sports nutrition but breaks them down into guiding principles that can easily be applied to help improve performance and health of active participants. It includes what to eat before, during and after training plus key things to know for a race or event day.

A half-day workshop would also include a demo of recipes to help aid performance.

Fit over 40

As we age, the types of exercise that are best for health and weight loss change too. Discover the most effective types of exercise to do to counteract the physiological effects of aging so they have greatest impact on your health and weight loss.

A half-day workshop would also include practical experience of warming-up, stretches and a home based strength routine you can do in less than 30 minutes.

Yoga Class

A beginner level yoga class for those who want to try it out. A great mix of stretching, breathwork and relaxation.

Walking Workout

A walk with a difference! This walk includes stretching, mobilisation and strength based exercises while you walk. An enjoyable and effective workout that can easily be done in the community.

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TALK / WORKSHOP TOPICS

MINDSET:

Mental Fitness ^W

This talk focuses on top tips for improving mental fitness, emphasising that mental fitness is like physical fitness in that we need to actively work to improve it. Ten key tools are discussed that all contribute to helping people improve their mental health and develop a greater sense of wellbeing.

A half-day workshop includes practical experiences of yoga, Chinese exercises, visualisations, breathing, gratitude exercises and more.

Motivating Mornings

How we start our day is how we live our day! Healthy morning routines can really help set you up for a successful day. In this presentation we explore the key elements of a morning routine and provide attendees with a workbook so they leave the session with their own routine set-up.

Stress Management ^W

Understanding what stress is, is often half the battle in addressing it. This talk will provide an overview of what stress is, how to recognise the symptoms and how you can intervene with practical steps to manage it. Half or full day workshops include sampling a variety of relaxation techniques such as yoga, essential oils, visualisations, breathing exercises, PMR and movement.

Goal setting ^W

We can all get caught up in the busyness of life – stuck on the treadmill of endless tasks. We tend to be time-poor and demand-rich with little time to step back and reflect on how we are doing. This talk helps us take a step back and explore what is really important to us and to spend time focusing on the goals we want to achieve for ourselves.

Vision Boards ^W

This is a fun and interactive workshop which guides participants through the steps to make a vision board that reflects their goals and ambitions. All participants will leave with a completed vision board.



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HEALTHY WEIGHT:

Use your Mind to Lose your Weight

Discover ten ways to use your mind to help you lose weight in a healthy, mindful way. It will help you reframe your mindset to set you up for long-term successful weight loss. It is the missing ingredient in most weight loss programs but is so vital for not only losing weight but keeping it off.

Exercise for weight loss ^W

Learn the best types of exercise for weight loss. You will discover what works and why and how you can maximise the use of your time spent exercising to stimulate weight loss.

A half-day workshop would also include practical experience of warming-up, stretches and a home based strength routine you can do in less than 30 minutes.

Eat More, Weigh Less ^W

Sounds too good to be true but it is true if you know the right foods to eat! In this informative presentation, many of the myths around weight loss will be dispelled and clear guidelines given so you know what works and what doesn't.

Visualise your Way to a Healthy Weight

Mental imagery is often used in business but it can be applied to your health as well. Discover the power of visualisation for weight loss and learn how having the right mindset can be half the battle when it comes to weight loss. All participants will receive a CD of visualisations (digital download).

Why diets don't work and what does

Discover the problem with diets and why they don't work. You will learn the key to successful long-term weight loss and understand the role of the types of food we eat, metabolism and correct exercise play in weight loss.



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OTHER SERVICES

1-1 Health Coaching

30 to 45 minute coaching sessions can be scheduled over a day or number of days. These would address their key health challenges and provide advice and guidance on how to start taking steps to improve participants health and fitness. Each person would get a personalised report, detailing their current status (body weight, height, body fat percentage), outline their goals and key steps they can start taking toward them.

Company/organisation challenges

These are run exclusively for the organisation and can be branded etc. Examples include detox challenge, fitness challenges etc. All the resources required for the challenge are provided such as recipes, exercise videos etc. and participants have access to a shared forum for support, guidance and inspiration. This combines well with talks on the topic, either onsite or online (webinar style).

On-site services

We offer a range of on-site services too. These include yoga classes, relaxation classes, physiotherapy, fitness assessments, seated chair massage and deep tissue massage.

Consultancy

We offer assistance with all aspects of health promotion. Some examples include:

- Health policies
- Action plans or strategies
- Planning a health fair or health promotion event
- Health needs assessments
- Advice and ideas on how to enhance the health of your organisation

[Contact us](#) for more information on how we can offer assistance to improve the health of your organisation.





Company Testimonials:

“Ailis is such a professional – she delivered above and beyond what we expected and we are delighted with the positive impact our wellness programme is now having on our staff. Ailis is passionate, dedicated and a living example of what being fit and healthy is about. She motivated us to go that big further and really commit to the health and wellbeing of our staff and it has certainly paid off. We highly recommend Ailis and you will be glad you engaged her services.”

Steve Greenwood, Berkley Recruitment

“We wanted to develop a Workplace Wellness Policy and Programme of Events that was real, practical, inclusive and would encourage genuine interest and participation. Ailis supported us to bring our ideas to life and ensured our objectives were achieved, within agreed timeframes, through her project management skills.

Ailis had some key ideas which ensured it’s success such as they Wellness Team, staff survey and website. Without Ailis’ support and leadership we most likely would have stalled at the inception/ideas stage! We definitely recommend her and look forward to working with her on our next project.”

Frances Clifford, Development Manager, South Munster Citizens Information Service.



Participant Testimonials:

"Brilliant relaxed atmosphere, great amount of useful info, very capable and resourceful facilitator. I have learnt a lot and would highly recommend it." Patty

"Very informative and educational, easy to follow and understand, fun and enjoyable, motivating workshop. Thank you for a great workshop!" J. O'Callaghan

"Ailís is very knowledgeable and passionate about health and weight loss but also sees the bigger picture and offers practical solutions to apply to real life. Amazing day!" Caroline O'Connor

"It was very information, interesting and enjoyable, everyone should have this information. Dr. Ailís's knowledge and delivery is unbelievable. Well done Dr. Ailís." Katherine

"Thank you so much for your 'Steps to a Healthier You' workshop – you have given me much-needed inspiration and motivation to help me live a healthier life." Sally Cronin

"Ailís doesn't preach at all yet she clearly lives by the values she promotes. An informative and worthwhile workshop." Linda

"Such a fantastic facilitator – its great to be reminded to care for ourselves!"

"A great kickstart to any change you want to implement." Claire Meere

"The workshop was extremely informative, plenty of handouts – excellent all around" Rachel Allen

"Super day, very informative and interesting, great to kickstart a new healthier lifestyle" Grainne O'Connell

"Creative, informative, confidence builder with lots of hints and tips for safe, long-lasting weight loss based on relevant and up to date research" Kathleen Dennehy

"I really enjoyed the workshop. We received so much information and it really gave me the tools to make better choices." Lara

"A fantastic course to give you a full overview of all aspects of your healthy life, from eating healthier to introducing exercise easily and staying sane and relaxed while doing it! Thoroughly enjoyable." Michelle O'Connor-Flynn

"A most interesting and thought provoking workshop. Lots of practical advice. Great to leave with new ideas and a plan of action. Thank you Ailís, thoroughly enjoyed the day." Linda Dennehy

"Thought it was very well presented – right amount of scientific facts balanced with all the practical tips. Most informative. Life changing."



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For more information on Health Coaching, Workshops and
online programs go to www.AilisBrosnan.com.