

CORPORATE WELLNESS

Workplace Offerings

Building high-performing teams where wellbeing drives results

PROGRAMS LED BY LANI FINAU (BHSC), CLINICAL NUTRITIONIST & PERFORMANCE EXPERT

CORPORATE WELLNESS

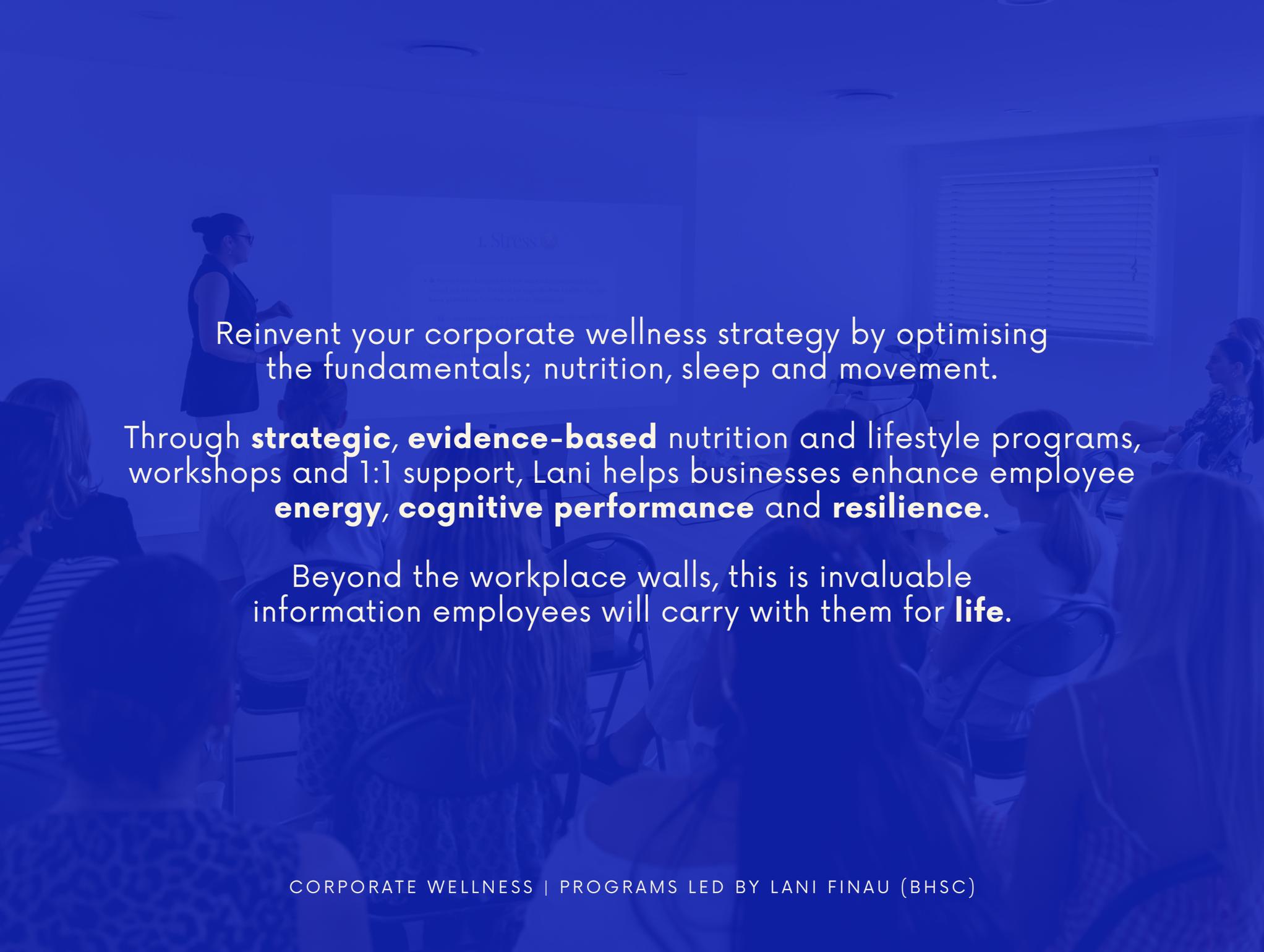
“Lani is the expert you *need* when performance matters.”

– Mamamia





In the modern
workplace,
employee
performance is
the competitive
advantage
– and this all
starts with
staff **wellbeing.**

A woman in a dark sleeveless top and glasses stands at the front of a room, presenting to a group of people seated at tables. The room has a large screen in the background and a window with blinds on the right. The entire image is overlaid with a blue tint.

Reinvent your corporate wellness strategy by optimising the fundamentals; nutrition, sleep and movement.

Through **strategic, evidence-based** nutrition and lifestyle programs, workshops and 1:1 support, Lani helps businesses enhance employee **energy, cognitive performance** and **resilience**.

Beyond the workplace walls, this is invaluable information employees will carry with them for **life**.

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Nutrition workshops & seminars

Custom workshops on topics on everything from beating burnout to improving cognitive function – these are tailored to your employees unique needs and are an excellent company-wide wellness initiative.

1:1 personalised nutrition support

Take your corporate wellness to the next level by offering employees 1:1 nutrition support with Lani. This is delivered through consults, as well as ongoing text-based and voice note support on nutrition and lifestyle. Give your staff the gift of having a nutritionist in their pocket for all their wellbeing needs.

Corporate wellness programs

Expert-led programs helping employees take care of the whole. Programs with Lani combine a series of workshops with 1:1 support. Ideal for leadership groups, designed to help individuals excel.

Movement & nutrition supplement add-ons

Joining forces with the best in Australian wellness, all programs with Lani have the option to add on various movement and supplement options to take your employees wellbeing to the next level. This includes everything from employee pilates and breathwork sessions to decking out your staff kitchen with supplements designed to improve performance.



CORPORATE WELLNESS

“We couldn’t have asked for a *better* **experience**.

Lani created such a warm, **engaging** and *supportive* environment ... her knowledge was not only **evidence-based**, but incredibly *accessible* and **empowering**.”

– In Life Wellness



Specialised Female Wellbeing Support & Programs

As a leading industry expert in women's health, Lani is proud to offer additional exclusive female health programs for businesses looking to go a layer deeper.

Through tailored workshops and seminars, employees can expect to learn everything from navigating menstrual pain and endometriosis, to understanding the simple nutritional and lifestyle steps they can take to support fertility, menopause, PCOS, iron-deficiency – and everything between.

Businesses that prioritise the unique needs of women in the workplace are setting their teams up for long-term success. Expect less burnout and sick days, stronger company morale, and female employees feeling genuinely seen, heard and understood.



“As a marketing executive in a heavily male-dominated industry, attending Lani’s recent workshop on *Performance & The Busy Woman* was the best thing I’ve done all year.”

– Abby B



“She didn't give us generic advice; she delivered the **science-backed, *specific*** knowledge required to help ***women*** sustain **high-impact careers** and ***beat*** chronic fatigue.”

– Mamamia

Expected Outcomes



**INCREASED
TEAM MORALE
& BONDING**

**IMPROVED STAFF
RETENTION**

**FLEXIBLE SUPPORT
TO SUIT YOUR
BUSINESS NEEDS**

**LESS SICK DAYS
& TIME AWAY
FROM WORK**

**STRONGER JOB
SATISFACTION**

**SUSTAINED
EMPLOYEE
ENGAGEMENT**



“I’ve been to
nutritionists,
dietitians... and
she’s far better
than **any** I’ve
ever seen”

– **Jacquie L.**

Client & Workshop Attendee

Working with Lani

No matter your **team size** or corporate wellness **budget**, there is an **offer for everyone**. Let Lani create a unique offering that will work best for you.

Corporate wellness offerings are **hyper flexible**, they can be delivered **in office, online, on-site** at Lani's Cronulla-based clinic and studio – or various other locations depending on your unique needs.





Let's Work Together

Complete the expression of Interest Form

Linked here

Email

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Phone

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About Lani

Lani Finau is a leading expert in women's health, a highly respected Clinical Nutritionist, as well as proud founder of the '**Think Well Project**' (a school-based nutrition program) and '**Practitioner to Pro**' (an ANTA-recognised development program for natural health students and clinicians).

With a Bachelor of Health Science in Nutritional and Dietetic Medicine, as well as over 7 years in the industry, she's not only a highly sought-after professional in her Sydney-based clinic, but has also been featured in major publications like Mamamia, news.com.au, 9Honey, and Body+Soul.

Having worked with some of the biggest brands and businesses in the industry such as Eucalyptus and SWIISH – her expertise extends to key areas including employee performance, metabolic health, endometriosis, PCOS, chronic fatigue, menopause, and beyond.

She's passionate about the unique nutritional demands of growing athletes and serves as the Head of Sports Nutrition for the NSW Tonga Netball Association, and has worked with numerous sporting groups and associations to improve performance both on and off the court.

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