



dcm THE
LEARNING
EXPERTS



**Member
Events**

DCM Members' Mindful Summer Wellness Sessions



**Nutrition | Savour
the Flavour**

About Me



Areas of Expertise



Mind



Body



Nutrition



Physical



Social



Sleep

Qualifications

- ▶ BA Hons
- ▶ Diploma in Nutrition & Lifestyle Coaching
- ▶ Level 5 ILM Effective Coaching & Mentoring
- ▶ OCN Level 3 in Sleep Coaching
- ▶ Insomnia Practitioner Diploma
- ▶ Anxiety Management Diploma

Clare Hegarty

DCM Learning Trainer

What's Coming Up?



Delivered Live via Zoom



All Sessions Recorded



Free and unrestricted for DCM Members

10am - 11am

July
14

Savour the
Flavour

Nutrition

10am - 11am

July
21

Summer
Unplugged

Mental Health

10am - 11am

August
11

Rise &
Shine

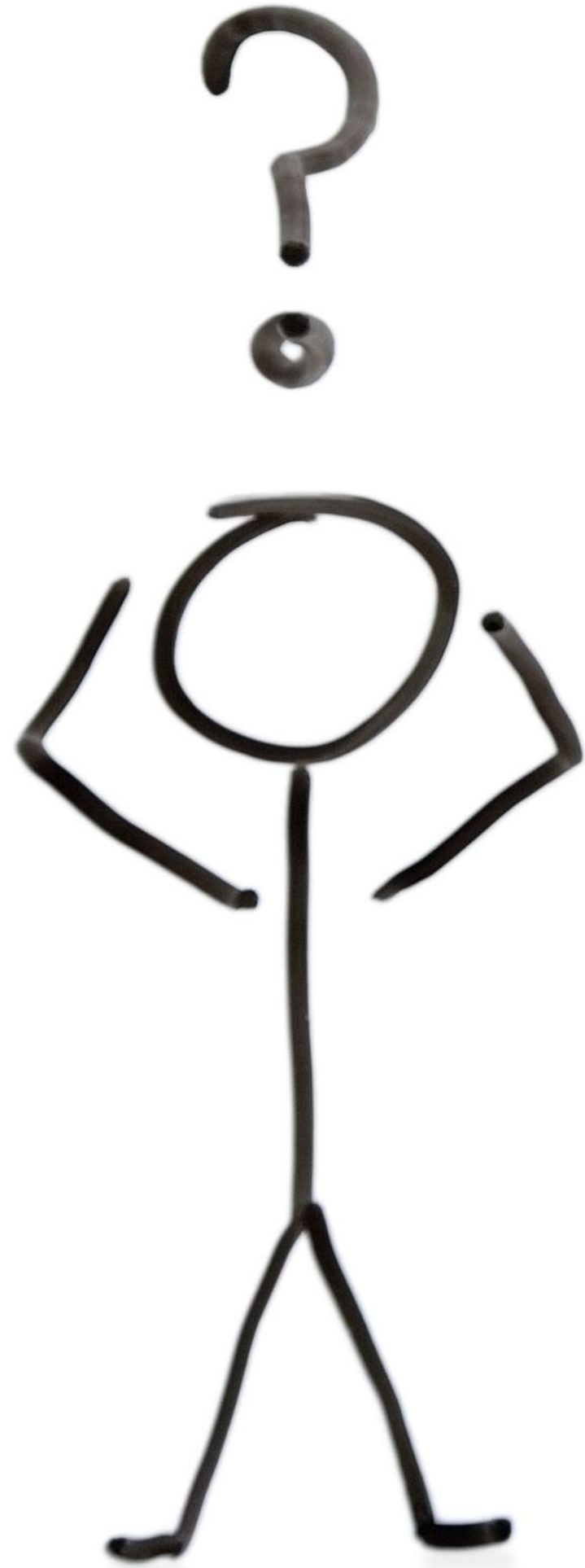
Sleep

10am - 11am

August
18

Relaxation
Tour

Mental Health



It starts with a question

How
healthy
are
you?

DISEASE

HEALTH

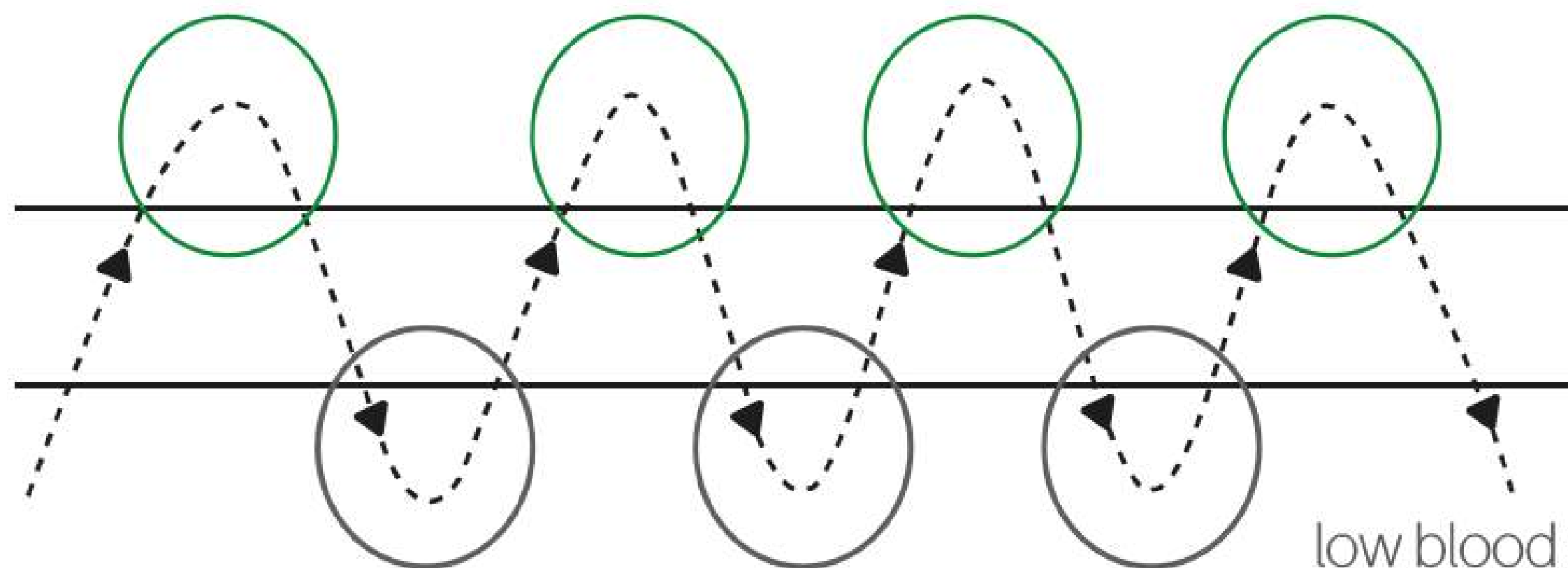


**Life is a
Rollercoaster**



The more your blood sugar goes up and down, the more fat you store.

high blood sugar damages arteries & insulin converts excess sugar into fat



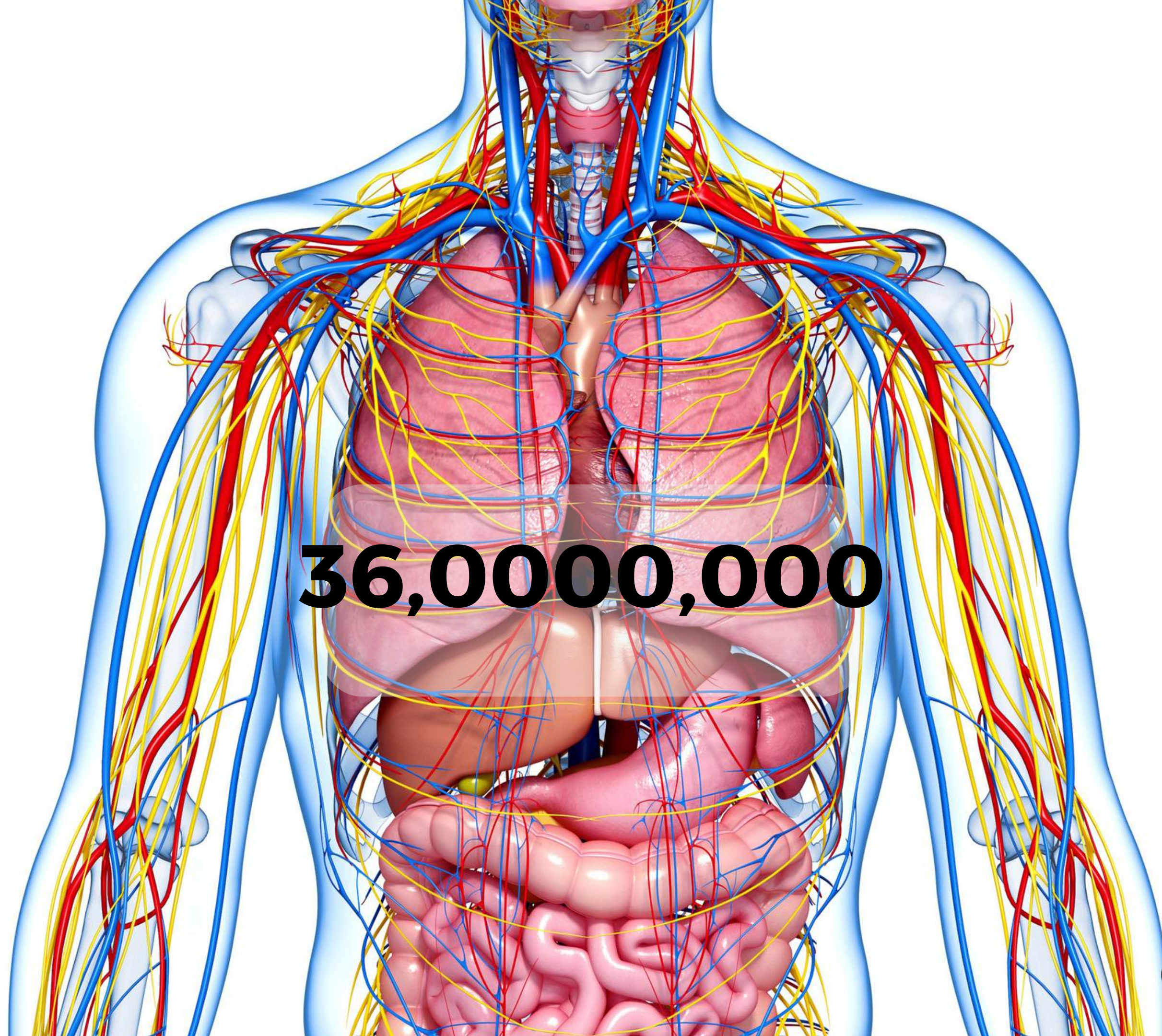
low blood sugar: tired, low mood & concentration

Food to Fuel Your Body

- ✓ Unlocking Health & Happiness
- ✓ The Power Of Nutrients
- ✓ Energy Boosting Tips
- ✓ Mood & Food Connection



Nutrition



36,000,000

Expensive Urine





EAT REAL FOOD

Breaking the Fast



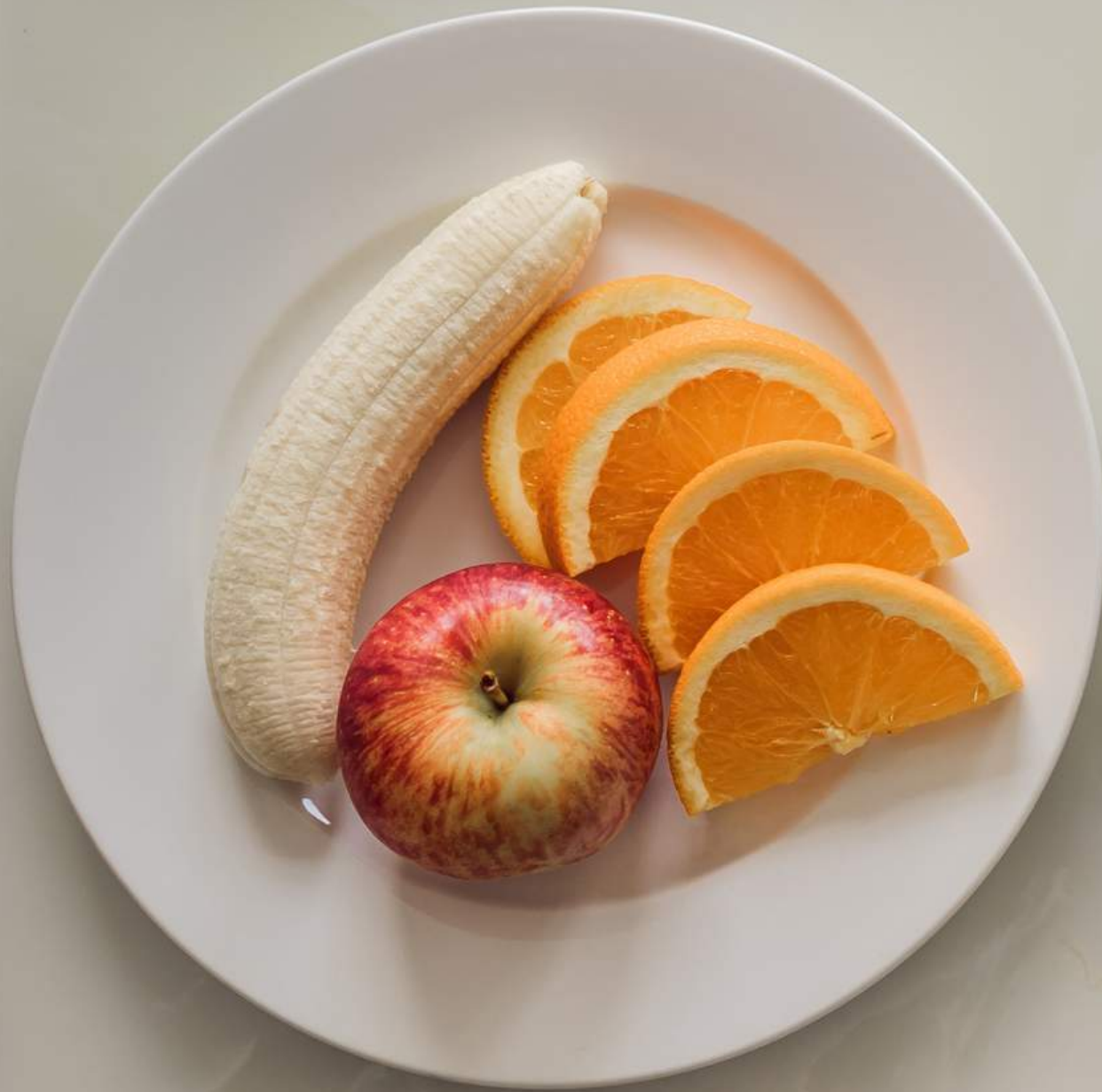
Breakfast

Smart Snacks

- ✓ Protein
- ✓ Carbohydrates
- ✓ Fat
- ✓ 2 per day



BREAKFAST



LUNCH



DINNER



SUPER FOOD



Text

FIBER



Member
Events

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YOU
ARE
~~WHAT~~
YOU
EAT.

Junk
food

Enjoy All Foods





Stay Hydrated





Member Events

Weekly Meal Plan

Monday

Tofu and green beans with brown rice
Fruit or vegetable smoothie

Tuesday

Fusilli with shrimps and peas
Fruit or vegetable smoothie

Wednesday

Chicken with cherry tomatoes, mozzarella, and bread
Fruit or vegetable smoothie

Thursday

Brown rice with broccoli and chicken, glass
Fruit or vegetable smoothie

Friday

Chicken with broccoli, green peas,
Fruit or vegetable smoothie

Snacks

Apple slices, nuts, grapes

M E A L
P L A N

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Monthly Healthy Habit Tracker

Monthly Healthy Habit Tracker

HABIT

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
MO	TU	WE	TH	FR	SA	SU

HABIT

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
MO	TU	WE	TH	FR	SA	SU



Good Mood



Move In A Way You Love

Rest & Recharge



Sleep Matters

Text



SELF CARE

NOT

SELFISH



THANK YOU



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The Wellness Hub

As DCM Learning, as well as our monthly live sessions, members also get free and unrestricted access to a wellness hub with 30+ topics!

Topics Include:

- ✓ Resilience Training
- ✓ Stress Management
- ✓ Mindfulness for Beginners
- ✓ Returning to Work After Grief
- ✓ Exercise for Everyone
- ✓ Having the Confidence to say "No"
- ✓ Workload Management
- ✓ Nutrition and Leading a Healthy Lifestyle

For more information, contact ruth@dcmlearning.ie

