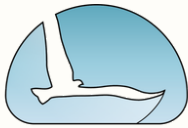




Claire Thomas

Nutritional Therapist and NLP Practitioner

Claire Thomas, a registered Nutritional Therapist (mBANT & mCNHC) and NLP Practitioner, who specialises in empowering ambitious individuals living with chronic illnesses and/or facing burnout. With a background in nursing, she overcame her own health challenges, recovering from CFS and burnout, sparking a passion to help others do the same. Now, through Nourish to Soar, Claire supports individuals in reclaiming their vitality and productivity. Claire's journey and expertise make her a compassionate guide for individuals who want to increase their energy levels and productivity, enhance resilience, and reclaim their social lives, all without compromising their health and wellbeing.



Nourish ———
————— to Soar

SIGNATURE TOPICS

- ✓ 5 Steps to Increased Energy Levels, Focus and Productivity as an Ambitious Individual
- ✓ Running a Business whilst Living with a Chronic Illness and/or Facing Burnout
- ✓ Founder story - From Being Told I Wouldn't Recover from CFS to Launching Nourish to Soar
- ✓ The Importance of Investing in Our Health as Entrepreneurs, Leaders and Professionals
- ✓ Managing Chronic Illness and Burnout within the Workplace

SERVICES

- ✓ 1:1 Nutritional Therapy service - Holistic Personalised Nutrition to Increase Energy Levels, Focus And Overall Wellbeing
- ✓ Private Blood Testing Services
- ✓ Corporate Wellness Talks and Events
- ✓ Education - development of eLearning programmes and Nutrition Wellness Clubs
- ✓ Tailored advice to optimise organisational support structures and enhance the well-being of individuals with chronic illnesses

Frequently Asked Questions (FAQ)

1. What is nutritional therapy, and how can it benefit me?

Nutritional therapy uses nutrition, lifestyle, and behaviour change to improve health. We address imbalances and deficiencies through personalised nutrition plans to enhance energy levels, focus, and overall well-being.

2. What is NLP, and how does it relate to improving health and productivity?

Neuro-linguistic programming (NLP) techniques help identify and overcome limiting beliefs and behaviours that may impede health and productivity. We work together to reprogram these behaviours, instilling supportive habits to bolster resilience and increase energy levels.

3. What is phlebotomy, and why is it relevant to your services?

I use blood tests to assess health and nutrient status, identify issues, and monitor treatment progress. This data allows for more targeted, personalised actions, leading to more effective results.

4. I'm a really busy, ambitious individual; how can your services help me?

As a busy, ambitious individual, managing your health effectively can be challenging. I offer personalised guidance to optimise your health through tailored nutrition and lifestyle strategies. I provide practical stress management tools to help you stay calm and focused under pressure. We achieve long-term solutions by addressing the root causes of your health issues. My easy-to-implement strategies fit seamlessly into your busy schedule, boosting your energy and resilience so you can thrive professionally and personally.

5. How do I get started with your services?

Begin with a free 30-minute health and energy review. We'll discuss your history, goals, and concerns, and I'll recommend the best services for you.

Client Testimonials

Exceeded Expectations

The BOOST Signature programme has exceeded my expectations. It has given me such an awareness of my relationship with food and helped me to unpack the behaviours that need to change. I've gotten clarity on my triggers, and limiting beliefs and now have a better understanding of why I make certain food choices and how I can prepare myself for success. I love Claire's approach of showing rather than telling me how I can be full eating healthy and nutritious meals. My blood test analysis was a game changer because it uncovered what is going on in my body and how we could fix it through my diet.

Jo, Business Owner

Feel A Different Person

I am a different person in lots of ways that I was in September. More energy, more stable mood, more positive outlook. I am sillier and more patient with my kids. I have energy to complete tasks I have been putting off for months. I understand my nutrition and consider my choices in a healthy and balanced way, in a way that I haven't been able to manage in the past. I used to think that I'd never be a person that could genuinely say "I'm great!" when people ask, now I do all the time.

George, Business Owner