Hummingbird NUTRITION

Lisa Picken

Registered Nutritional Therapist & Health Coach | Menopause Expert & Reflux Specialist

ABOUT LISA

DipNT CNM, NNA, GNC

Lisa Picken is a Registered Nutritional Therapist and Health Coach who specialises in female hormone health, stress resilience, and midlife wellbeing. She combines scientific insight with real-world experience to help individuals and organisations create sustainable, energised, and thriving workplaces.

Before retraining in nutrition in 2019, Lisa worked in the corporate world, where she saw first-hand how employee wellbeing was often misunderstood or overlooked. Quick fixes and sugary "rewards" were common, while the deeper issues of stress, fatigue, and poor nutrition went unaddressed - leading to regular afternoon slumps in performance. This experience inspired her mission to transform how organisations support the health and performance of their people.

Lisa partners with organisations that recognise the importance of employee wellbeing and want to create a more energised, resilient, and supportive workplace culture. Companies can choose from her signature talks, a series of themed wellbeing webinars, or bespoke sessions tailored to specific challenges within the team. Topics range from menopause and hormonal health to stress management, nutrition for focus and productivity, and preventing burnout.

Each session is engaging, evidence-based, and practical - designed to educate, inspire, and empower employees with realistic strategies they can apply straight away. Sessions can be delivered online or in person, making them flexible for teams of all sizes.

Lisa also offers the option to complement corporate sessions with 1:1 nutrition or functional testing packages for employees seeking more individualised support.

And the outcome? Higher staff retention, better employee focus, energy and the appreciation of a Company that has their wellbeing at heart.

SIGNATURE TALKS

QUEENAGE YEARS: THRIVING THROUGH MENOPAUSE

Empowering midlife women to feel fabulous and focused.

Benefits to Attendees:

- Understand what's happening hormonally and why symptoms occur.
- Learn how nutrition, movement, and mindset can balance hormones naturally.
- Gain practical tools to improve energy, sleep, and mood.
- Feel more confident discussing menopause and asking for support.
- Walk away with realistic strategies to feel fabulous, focused, and in control.

Benefits to your Company:

- Enhances staff retention by supporting women through a key life stage.
- Reduces absenteeism and presenteeism due to menopause-related symptoms.
- Promotes a culture of inclusion, understanding, and gender equality.
- Boosts morale, confidence, and performance among midlife female staff.
- Demonstrates your organisation's commitment to employee wellbeing and ESG values.

MEN'S HEALTH: ENERGY & THRIVING

Supporting vitality, metabolism and performance.

Benefits to Attendees:

- Discover simple nutrition and lifestyle strategies to boost energy and focus naturally.
- Learn how to support testosterone, metabolism, and prostate health as you age.
- Understand how stress and sleep impact men's long-term health.
- Feel empowered to take control of wellbeing and performance.
- Learn how to provide meaningful support to women and colleagues in menopause

Benefits to your Company:

- Improves overall vitality and focus, leading to higher productivity.
- Reduces absenteeism linked to fatigue, stress, or low motivation.
- Encourages men to take a proactive approach to their health and wellbeing.
- Promotes a positive, inclusive culture where men feel supported too.
- Increases engagement in broader workplace wellbeing initiatives.

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AUDIENCE FEEDBACK

TRAVEL COUNSELLORS | S Brennan

As part of an affinity group initiative to support women going through perimenopause and menopause, we invited Lisa, a nutritional therapist and health coach, to host an expert Q&A session - and she was fantastic! Lisa brought a great mix of professionalism, warmth, and deep knowledge to the session. She took the time to tailor her presentation to our audience and delivered it to over 150 attendees in a way that was both engaging and easy to follow. The session was packed with practical tips, useful advice, and reassuring insights on how to feel your best during this stage of life.

The Q&A at the end was a real highlight - full of thoughtful, honest answers to a wide range of questions. The feedback we received was amazing, with so many people saying how much they got out of it. I'd recommend Lisa to any team or organisation looking to offer meaningful, expert-led support around women's health and wellbeing

GREGGS | S Savory

Lisa delivered a session to our Greggs House colleagues helping them "Thrive through Menopause". The session was very informative and explained some diet and lifestyle changes to help relieve many of the symptoms associated with menopause.

Thank you so much Lisa for joining us and sharing your in depth knowledge and expertise around nutrition, we all took away some valuable learning. I could have listened to you all day, it was fascinating understanding the effect our food can have on our physical and mental health.

It was a brilliant session!

THOMAS MILLER | K Huggins

We were delighted to welcome Lisa Picken, Nutritional Therapist from Hummingbird Nutrition to our recent Menopause Café session: "Fatigue: Why You're So Tired – and What to Do About It in Midlife." Lisa's expertise helped shine a light on three key pillars of health—sleep, blood sugar, and stress load—and how hormonal changes during (peri)menopause can impact each one. Her practical, accessible advice offered colleagues valuable tools to better understand and manage symptoms.

SIGNATURE TALKS

FOOD-MOOD CONNECTION

How nutrition supports mental wellbeing and emotional balance.

Benefits to Attendees:

- Discover how everyday food choices influence brain chemistry and emotions.
- Learn practical ways to stabilise mood, reduce anxiety, and lift low energy.
- Understand the gut–brain connection and how to nourish both.
- Gain confidence in building meals that support focus and calm.
- Leave with simple, sustainable ideas for feeling balanced and energised.

Benefits to your Company:

- Supports better concentration, creativity, and emotional resilience.
- Reduces workplace stress, anxiety, and burnout risk.
- Encourages healthier eating habits that sustain long-term performance.
- Improves team dynamics through greater emotional balance and empathy.
- Contributes to a happier, more engaged workplace culture.

AVOIDING STRESS & BURNOUT IN THE WORKPLACE

Practical strategies to enhance resilience and recovery.

Benefits to Attendees:

- Recognise early signs of stress and burnout before they escalate.
- Learn science-backed techniques to calm the nervous system.
- Discover how nutrition and lifestyle habits can enhance resilience.
- Develop healthy boundaries and coping strategies for busy workloads.
- Leave feeling motivated and equipped with tools to protect wellbeing.

Benefits to your Company:

- Reduces stress-related sickness and absenteeism.
- Equips employees with practical tools to manage pressure effectively.
- Boosts morale, motivation, and mental clarity across teams.
- Fosters a culture of wellbeing that supports sustained performance.
- Enhances resilience and adaptability during challenging times.

WHY SUPPORTING MENOPAUSE IN THE WORKPLACE MAKES BUSINESS SENSE

- Around 17% of women aged 40-60 have considered leaving their job because of menopausal symptoms due to lack of support. CIPD+2GOV.UK+2
- Only about 24% of female employees aged 40-60 in the UK say their employer has a menopause policy or support measures in place. GOV.UK+1
- Up to 67% of working women aged 40-60 who experience menopausal symptoms say those symptoms have had a mostly negative impact on their work life. Equality and Human Rights Commission+1
- The average age for menopause is 51, and many women aged 45-55 are still in full employment - meaning a significant portion of the workforce is likely experiencing the transition. menopauseintheworkplace.co.uk+1
- There are an estimated 14 million working days lost annually in the UK due to menopause-related issues.

GET IN TOUCH

Let's Start the Conversation

I'd love to explore how I can support your organisation's wellbeing strategy. Whether you're looking for a one-off webinar, a wellbeing series, or a bespoke corporate programme, I can tailor sessions to suit your team's needs.

Email me at lisa@hummingbirdnutrition.co.uk to start the conversation about what would work best for your employees.