



The  
Men's Health  
Nutritionist

# Healthy people Resilient teams Thriving business

High-performance training, webinars & workshops



# Healthy & high-performing individuals underpin a productive workforce...

And nutrition, movement, sleep & stress management underpin healthy & high-performing individuals.

My services equip senior leaders, line managers & teams with the foundational techniques to support optimal physical and cognitive performance.

Build the necessary confidence & capability in your workforce through performance-focused programmes, webinars & training delivered by a Registered Nutritionist & Performance Coach.

[View services](#) →



# Wellbeing & Performance Services

## → **Performance Programmes**

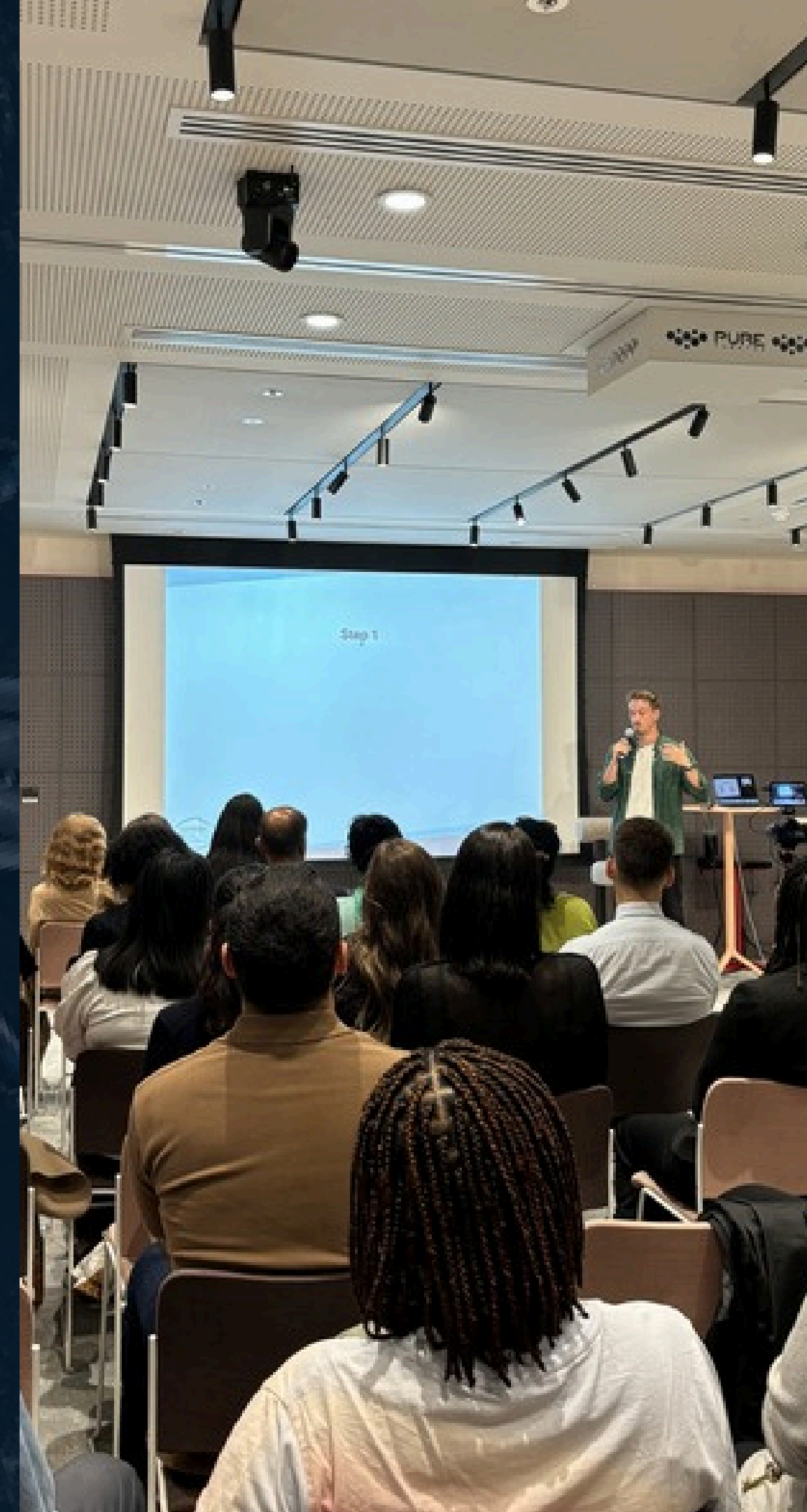
Educational and experiential programmes focused on upskilling and embedding high-performance into your teams.

## → **Talks & webinars**

Sessions to equip your workforce with essential knowledge and practical solutions for improved health, performance & productivity.

## → **Health MOTs**

Hands-on opportunities for teams & leaders to get individual insights & tailored recommendations for their health & wellbeing.





# Performance Programmes

Educational and experiential programmes focused on upskilling and embedding high-performance into your teams.

## The Performance Blueprint

**A transformative, onsite two-day programme: integrating nutrition, sleep, movement, and stress into a blueprint for high-performance.**

Interactive workshops & practical activities will help teams explore how key lifestyle factors shape cognitive performance, resilience, and wellbeing.

- Day 1 builds the foundations with practical strategies for health basics, energy, and recovery.
- Day 2 focuses on stress mastery, behaviour change techniques, and future planning to embed sustainable habits.

The result is balanced, resilient teams equipped for optimal performance.

## Bespoke Programmes

**Custom-designed solutions to optimise health, resilience, and workplace performance.**

There's no one-size-fits-all solution for wellbeing. Collaboratively designed solutions tailored to the unique needs of your workforce offer the best chance of sustaining high-performance.

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### **All programmes prioritise sustained behaviour change**

Together, we'll equip individuals with the tools to optimise personal performance, while upskilling teams and leaders to recognise and respond to the drivers of burnout and poor mental health.

This ensures the benefits extend well beyond the programme itself - embedding performance improvements across teams for the long term.



# Talks & webinars

Equip your workforce with essential knowledge and practical solutions for improved health, performance & productivity.

60 minute sessions on a range of topics. Can be purchased as a series.

## Subject-specific health sessions:

- Nutrition
- Mindfulness
- Stress
- Exercise
- Mental Health
- Sleep
- Alcohol
- Gut Health
- Heart Health
- Health on a budget
- High-Performance Leadership
  - For Management & Senior Leadership

## Gender-optimised health sessions:

- **Men's Health** →
- Men's Nutrition
- Women's Health
- Women's Health, *For Men*
- Supporting The Men in Your Workforce
  - For Managers & HR

All gender-optimised webinars have practical takeaways for everyone and are appropriate for mixed-audiences.

Some sessions may be delivered by trusted partners.



# Example session:

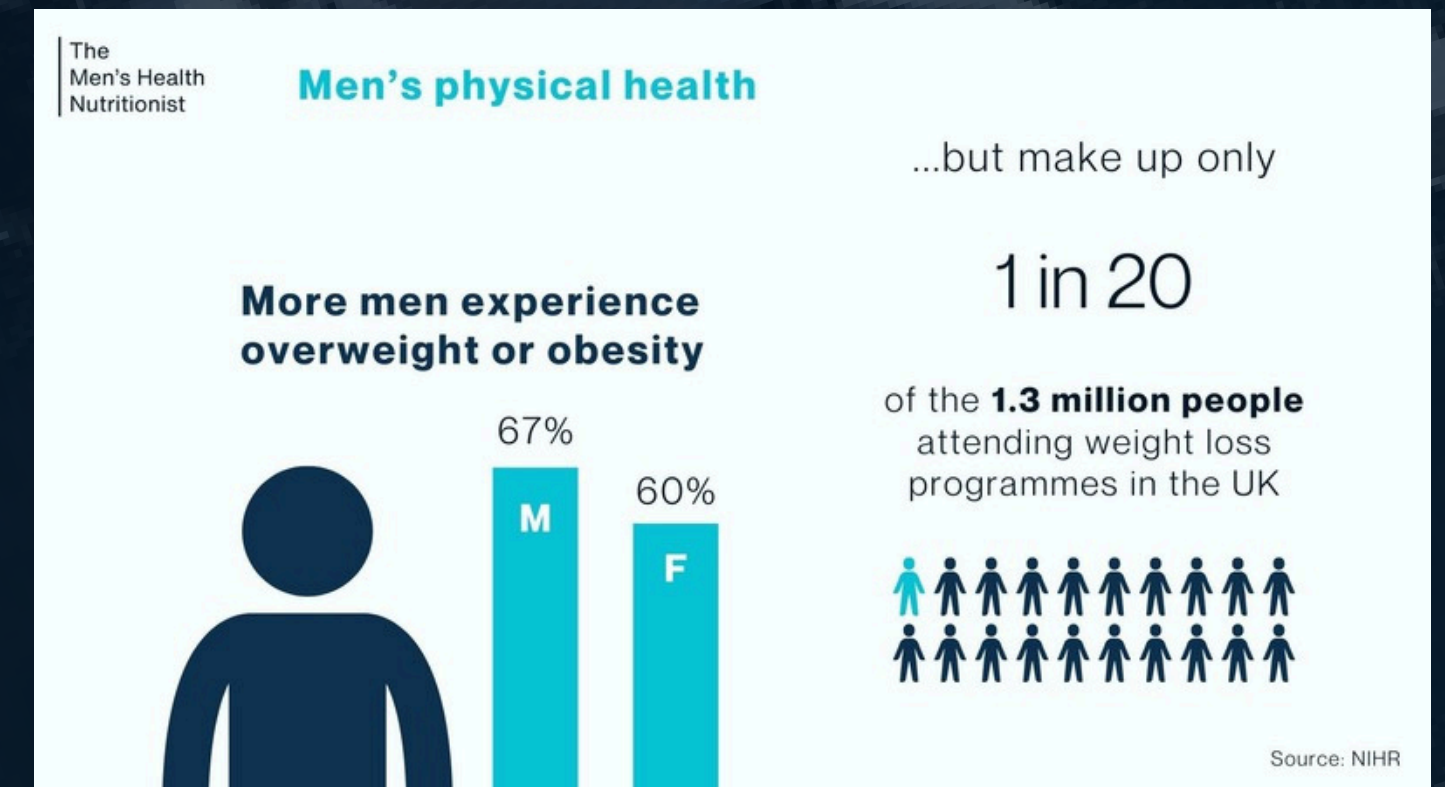
## Strong Foundations for Men's Health

This is my most popular session, and offers an insightful & engaging look into key challenges and opportunities relating to men's health and wellbeing.

### Topics covered:

- The reality of men's health
- Evidence-based impact behaviours
- How to help men

Like all my sessions, it's interactive and includes an brief activation workshop to facilitate sustained behaviour change. It ends with a Q&A to allow for discussions.



Example slide



# Health MOTs

Hands-on opportunities for teams & leaders to get individual insights & tailored recommendations for their health & wellbeing.

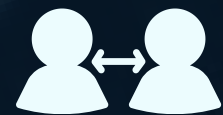
- In-depth analysis into physical health status (Including blood pressure, grip strength, body composition)
- 1:1 discussion with a Registered Nutritionist & Performance Coach producing tailored, practical action steps
- Signposting to relevant services offering further support



Full-day  
event



Up to 20 team  
members per  
day



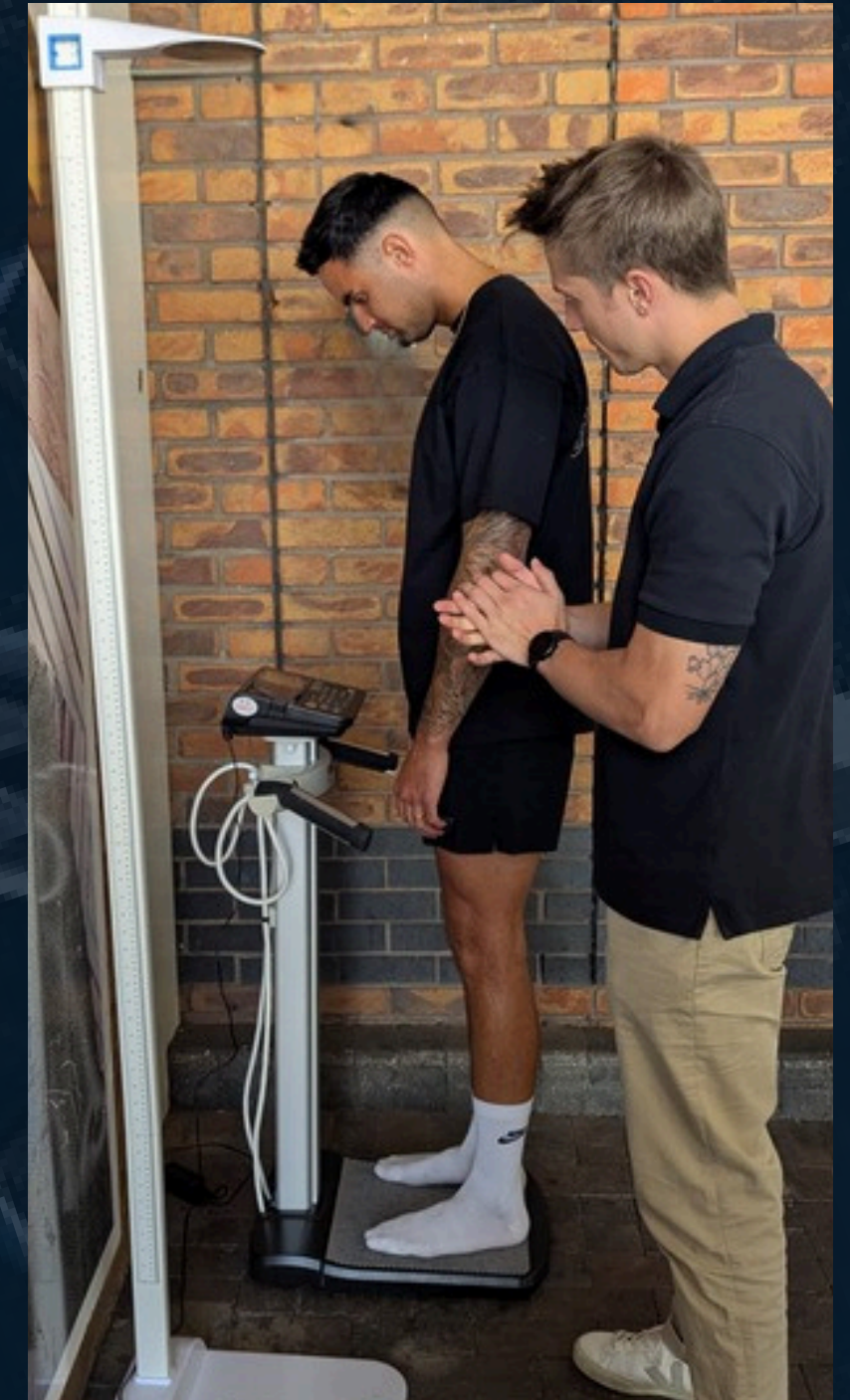
Delivered f2f  
in your  
workplace



Choose a  
date that  
works for you



Anonymised  
post-event  
report







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*“The team were super impressed with your session - we wanted to thank you for your upbeat energy, prep for the day and bringing great tangible insights!”*

*The feedback from the session was super positive with many people saying it was great to have a wellbeing session as we tend to not have these - so thank you from everyone at P&G.”*

*Brand Strategy Manager, P&G*

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*“The session with Josh Clamp on men's wellbeing was excellent. He engaged very well with the audience, encouraging meaningful discussion among participants on this important subject, and provided a wealth of useful information and valuable insights”*

*Senior Career Consultant & Coach - LHH*

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*“Josh joined us on the Hussle Wellbeing Workout Webinar Series for an excellent session on men’s health for our HR audience, tackling a topic that is often overlooked in the workplace. He struck the perfect balance between sharing valuable insights, breaking down stigmas, and offering practical steps HR professionals can take to better support men’s wellbeing.”*

*The feedback from attendees was extremely positive, with many commenting on how refreshing and thought-provoking the discussion was. We’d highly recommend Josh as a speaker.”*

*Senior Events Marketing Manager - Hussle*

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# Why choose The Men's Health Nutritionist?



## **I create healthy & high-performing teams.**

Working with staff at all levels, I deliver high-performance training and support - from individual workshops to full-scale wellbeing programmes. My priority is creating healthier, more resilient individuals to support stronger, sustainably productive teams.

## **Qualified & Trusted Expertise**

Sessions will be delivered by a Registered Nutritionists (myself or trusted partner), providing practical, evidence-based support, building genuine trust and giving your team consistent, expert-led support.

## **Tailored to Your Workforce**

No cookie-cutter content from some rep with a PowerPoint. Sessions are shaped around your team's schedules, site culture, and real-world challenges - so the advice actually sticks.

## **Specialist in Engaging Men**

Men engage differently with their health, and many existing health services unknowingly overlook this. Consequently, there is a huge need for evidence-based, holistic, physical and mental health support designed to resonate with men. My services meet this need, and in doing so create healthier and more resilient fathers, sons, husbands & brothers in turn benefiting the lives of those around them.



Get in touch with  
Josh to book a service  
or find out more



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@themenshealthnutritionist



Josh Clamp ANutr