



Nourish & Delight



Wellbeing that works for you

Kerry Nutrition in Foodservice

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1 
GET
enough sleep

2 
BE
clear on your purpose / goal

3 
FOCUS
on what is important / what you want

4 
USE
your talents


5 
BE
decisive & present

6 
HAVE
a growth mindset & move out of your comfort zone

7 
TAKE
time to chill / meditate

8 
SURROUND
yourself with people who encourage & challenge you

1 
UNHEALTHY
stress / bad habits for mind and body

2 
INTERNAL
& external weapons of mass distraction

3 
REFRAIN
from procrastination & overthinking

4 
SPENDING
too much time on screens



Calodagh McCumiskey
CEO of Spiritual Earth





Nourish and Delight; Mind, Body and Spirit

Calodagh McCumiskey
Nutrition in Foodservice Conference



Nourish and Delight



Many of us start things
but we don't complete
them

Why?

Don't ask for help

Stress and busyness

Procrastination

Busy versus
productive

Give up too
easily

Lack of
support

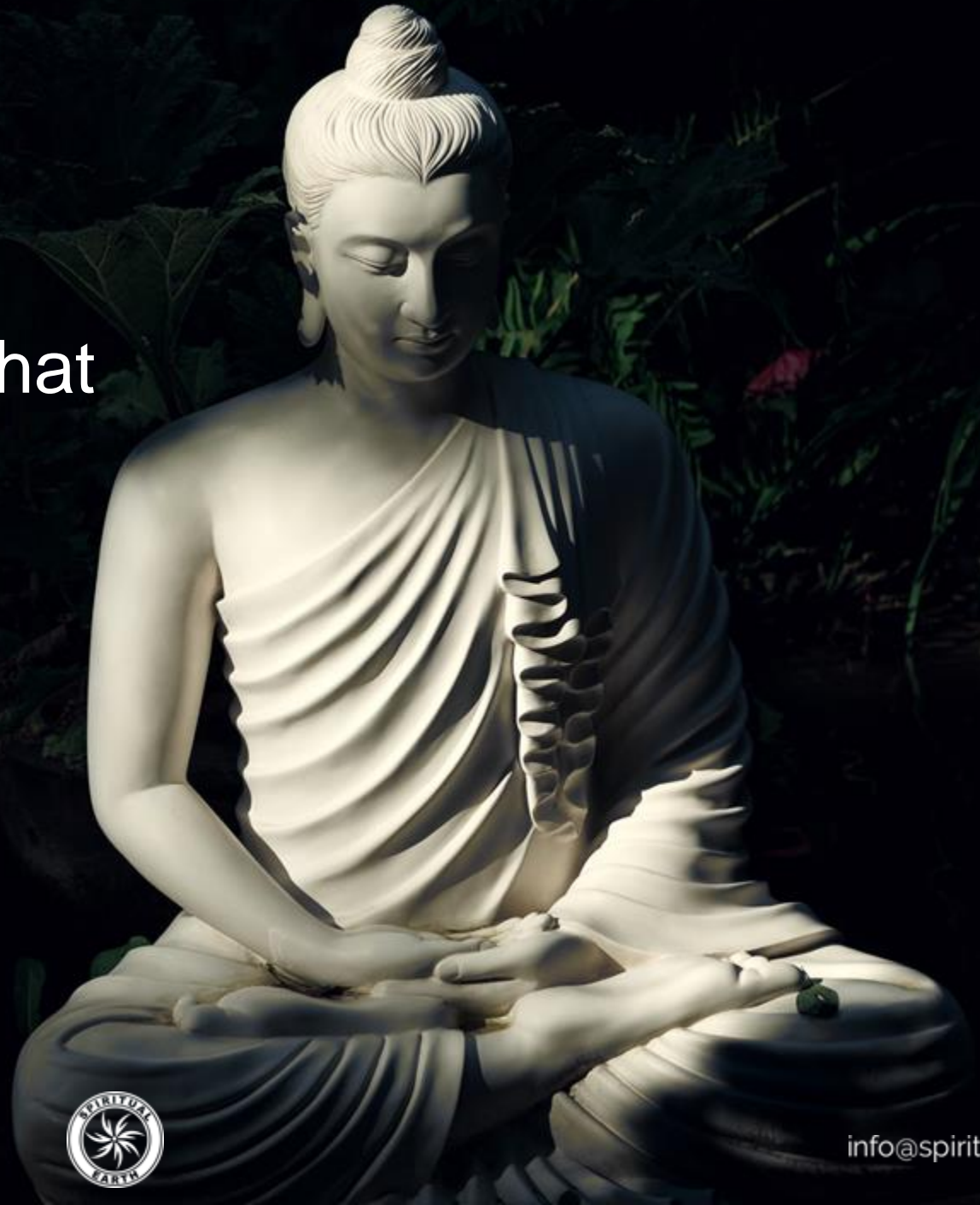
Lack of resources

Lack of
know-how

Buddha

There are two fatal errors that keep great projects from coming to life:

1. Not finishing
2. Not starting



Reduce and effectively manage stress

Stress that grows you



Stress that kills your energy from the inside out (poor habits)



Stress that kills your energy from the outside in



The growth equation for peak performance



Nourish and Delight - 12 steps

1. Get enough sleep
2. Be clear on your purpose / goal
3. Focus on what is important / what you want
4. Use your talents
5. Be decisive and present
6. Have a growth mindset and move out of your comfort zone
7. Take time to chill / meditate





Chill Time



Nourish and Delight - 12 steps

8. Surround yourself with people who encourage & challenge you

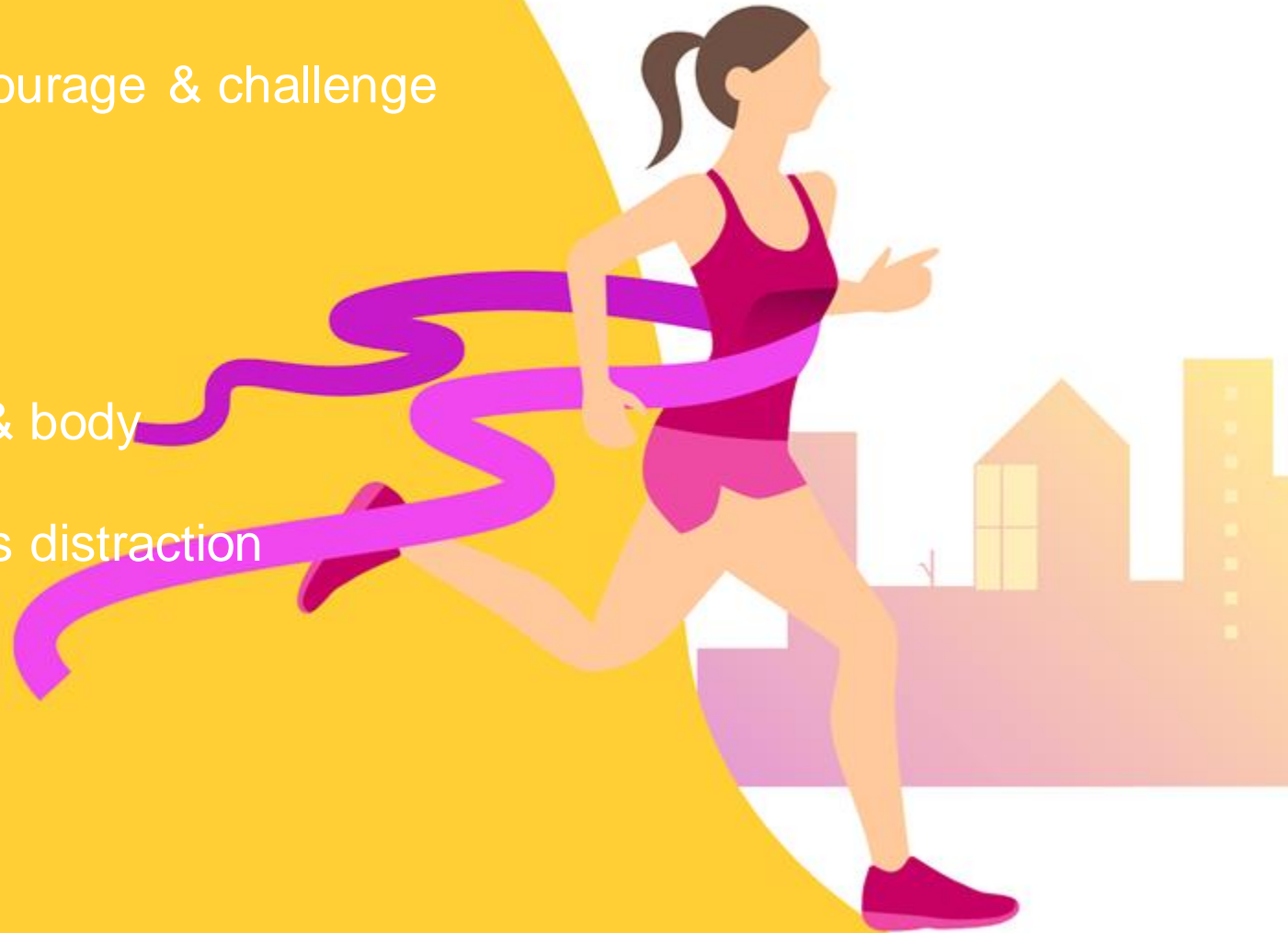
AVOID

9. Unhealthy stress / bad habits for mind & body

10. Internal and external weapons of mass distraction

11. Procrastination and overthinking

12. Spending too much time on screens





Chill time



To stay at the top of your game

Think of 2 ideas that inspired you
today

Pick one change you are going to
make at work and

One change you will make to your life



Thank you



Send your questions to:
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