



# The Gut Foundation

## Gut Health Workplace Education Series: Prevention and Performance

The Gut Foundation's Workplace Education Series is a research-led, highly engaging three-part programme designed to improve health literacy, support early intervention, and strengthen physical and mental wellbeing at work.

Grounded in New Zealand data and global science, the series translates complex gut health research into clear, practical insights employees can apply immediately — supporting better health outcomes, stronger performance, and long-term resilience.

Each session builds on the last, creating a cohesive learning journey that moves from awareness and prevention, to everyday nutrition and immune health, through to mental wellbeing, cognition and performance.

**Format:** Three 60-minute sessions plus Q&A

**Delivery:** In-person and with live streaming

**Facilitator:** Alice Fitzgerald, CEO – The Gut Foundation

**Investment: \$2,500 + GST per workshop**

(Includes preparation, delivery and travel costs)  
*All proceeds support Gut Foundation research and education initiatives.*



## Session One

### Sh\*t Worth Talking About

Awareness, early signals and the power of prevention

New Zealand has some of the highest rates of gut disease in the world. Bowel cancer alone kills more Kiwis than breast and prostate cancers combined — despite up to 90% being treatable when detected early.

This opening session focuses on awareness, early action and self-advocacy. It empowers participants with the confidence, language and tools to recognise what is normal for their body, identify change early, and seek timely support.

Drawing on Gut Foundation–funded research into the journey from symptoms to diagnosis, this session reframes gut health conversations from awkward to essential — and potentially life-saving.

#### Key focus areas:



Understanding what 'normal' looks like and why change matters



Early warning signs and when to act



Diagnostic pathways and available options



Prevention, advocacy and personal health ownership

#### Resources provided:

Know Your Normal tracking charts (adults and tamariki)

Specialist videos on diagnostic options

Family-friendly education tools to support conversations at home



## Session Two

### Give a Sh\*t About Gut Health

Fuel, immunity and the impact of what we eat

The gut microbiome is the engine room of physical health — influencing immunity, inflammation, recovery and long-term disease risk. Over 70% of our immune system resides in the gut, making everyday food choices a powerful lever for wellbeing.

This session explores how the gut microbiome works, why fibre diversity matters, and how modern diets — particularly ultra-processed foods — are impacting gut health, inflammation and immune resilience.

Participants gain practical, realistic strategies to improve gut health through food, without restriction or perfection.

**Key focus areas:**

How the gut microbiome functions as a living ecosystem

The role of fibre, whole foods and microbial diversity

The impact of ultra-processed foods on gut health and immunity

Simple, achievable nutrition shifts that deliver outsized benefits

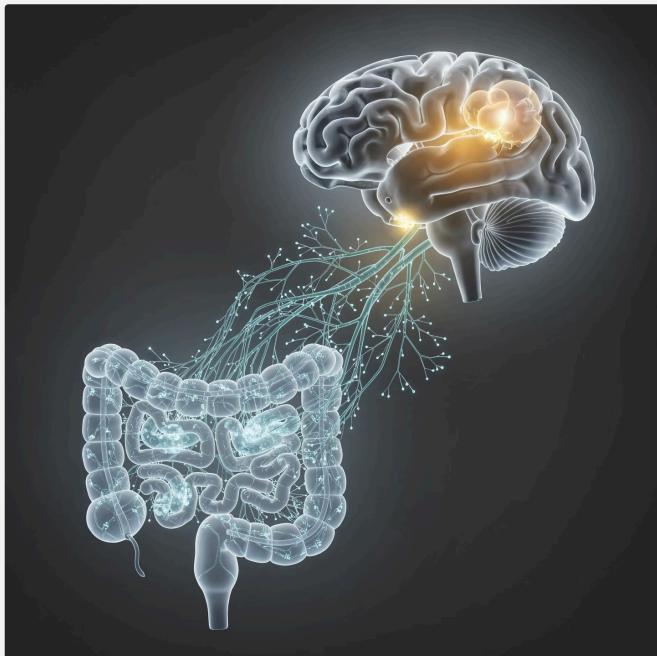
**Resources provided:**

- 14-day Gut Health Challenge
- Gut-friendly recipe cards
- Nutrient and fibre tip sheets
- Family-friendly animated learning resources

# Session Three

## Resources provided:

- Gut health & mental wellbeing fact sheets
- Family-friendly animated resources supporting emotional health



## Let That Sh\*t Go

### [The gut-brain connection, stress and mental performance](#)

The gut and brain are in constant two-way communication via the gut-brain axis, influencing mood, sleep, stress response and cognitive performance. Up to 95% of serotonin — our key 'feel good' neurotransmitter — is produced in the gut.

This session explores the emerging science linking gut health with mental wellbeing, focus, emotional regulation and long-term cognitive health — including the role diet, inflammation and ultra-processed foods play in brain function.

Participants leave with a clearer understanding of how to support mental wellbeing and performance through the body — not just the mind.

## Key focus areas:



### How the gut microbiome communicates with the brain



### The role of nutrition, probiotics and inflammation in mental wellbeing



### The impact of gut health on mood, sleep and cognition



### Emerging research in cognitive health and performance

# Why This Series Works



Evidence-based, not trend-driven



Highly engaging, relatable and practical



Designed for real-world application — not overwhelm



Aligns health literacy with performance, resilience and prevention

This programme can be delivered as a full three-part series or adapted into a keynote format for conferences, leadership days or wellbeing initiatives.

## Testimonials

"Your presentation skills are exceptional. The feedback from our teams across multiple locations was overwhelmingly positive, and many requested the resources afterwards." — **Marsh McLennan**

"After your session, a number of our team visited their GP to get checked. We're now more aware, healthier and more connected as a team." — **Dominion Constructors**

"One of the best wellbeing initiatives we have done for our people in a long time — engaging, relatable and genuinely impactful." — **Bayleys**