

A close-up photograph of several sage leaves, showing their characteristic silvery-green, textured surface and serrated edges. The leaves are layered, with some in sharp focus and others slightly blurred in the background.

# bpresent

because mediocrity is beneath you®



bnourished®



## boosting wellness and productivity: for organizations, corporate groups, and individuals.

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The health of your employees – and the health of your bottom line – are inextricably entwined. When employees aren't at their best, productivity, company morale and quality of work all suffer. While sick days and medical leaves continue to add up.

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As a busy executive running several companies I have gotten good at taking care of business over my many years of working. I've also never had a problem being a good mother. If I graded myself on self-care over the years it would range from a B to a D. The time I spent listening to Katie's topic about self-care really resonated for me. I always put other people's needs first and excelled at taking care of that. Thinking about how to sustain the incredibly responsibility filled life I have over the next few decades made me realize how important taking care of myself first is. Katie,. Thank you for that reminder!”

**Courtney Wright, CEO, Gemini Builds It!**

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### corporate and organizational programs for wellness and self care: for time-pressed companies and executives.

From a company standpoint, customized bpresent programs can transform the culture of your company from one driven by stress and fatigue – to a highly-spirited one that is focused, emboldened and inspired. While giving your employees a sense they're truly supported in managing their self care, stress levels and overall wellbeing.

#### sample topics

- Self care when you have no time
- Happiness: both a birthright and a choice
- Moving from surviving to thriving
- How busyness is hurting your business
- Nutrition: the ultimate in self care
- Getting your food to serve you
- Energy: thinking outside the coffee cup
- bdeliberate: empowered time management
- Productivity through food, time & thoughts
- Mental Clarity: from fuzzy to focused

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The presentation was vibrant, eye-opening, and informative. I left inspired to make self care my number-one priority – realizing this is how I can best support others. For anyone who wants to reach higher levels of performance and joy by getting real about their health, I highly recommend Katie.”

**Todd Iarussi, Performance Coach**

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We were very fortunate to have Katie as our main corporate wellness presenter over the past year. Katie is a beautiful soul who is able to connect to her audience through her personal struggles and helps identify the areas in our lives that need the most change. Her presentations are simple, unique and inspiring. I highly recommend introducing Katie and bnourished to your employees.

**Jennifer Martel, Wellness Coordinator, BlumShapiro**

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Katie McDonald is a true professional with a thorough knowledge of her business and a sincere desire to serve her clients. It is apparent within a few minutes of speaking with Katie that she is passionate about what she does and evident that her work is more than a job: it's a lifestyle. Her aim is to bring out the best in each and every individual she encounters and has the great fortune of making her life's work her career.

**Sam Ragosta, Vice-President, Greater Providence Chamber of Commerce**

katie mcdonald  
founder and ceo of bnourished



Katie McDonald is a Keynoter and Self-Care Strategist who transformed the hard lessons of her personal life into a thriving, results-driven coaching practice.

Depleted by the business of busy-ness, resulting in illnesses, Katie healed herself using her 30 years of experience in plant-based foods, alternative wellness practices, mindfulness and productivity.

Now she designs customized strategies to guide her private concierge coaching clients through transformations of their own. Disrupting current food, thought and time habits, she empowers her clients to reclaim their vitality, clarity and peace of mind.

A sought after teacher and thought leader, Katie presents to corporate clients and organizations; such as Brown University Center for Entrepreneurship, Swarovski, Eileen Fisher, Center for Women & Enterprise, CVS, and Women Presidents Organization to name a few. Her media appearances include Huffington Post, Apartment Therapy and more.

a powerful presenter with an enviable following.



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Katie's presentation was fantastic and I know that people left there empowered. Not only was the content spot-on for what I was hoping our agency staff would take away, but the feedback I have received thus far has been excellent. Katie is a dynamic speaker with eloquence and a wealth of knowledge that she shares passionately.

Lindsay Sgambato, Rhode Island Food Bank

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Her transparency is paramount to the success she achieves drawing her audience into her personal story which then she weaves seamlessly into a well-designed and compelling program wherein self care has a primary role in business achievement. We wouldn't hesitate to recommend Katie as a speaker for other WPO Chapters as well as companies and other organizations searching for pragmatic inspiration.

WPO Albany Chapter 1 Member





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Schedule a complimentary 30-minute health  
strategy session at [bnourished.com](https://bnourished.com).

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