

[vc_custom_heading text="What people say" font_container="tag:h2|text_align:center" use_theme_fonts="yes"]

Loved the cooking session. I really enjoyed about healthy eating with Patricia compared to other courses I have been on in the past - Patricia explained about eating in moderation rather than telling us what we can and can't eat. The whole experience was great fun and I would most definitely work with Patricia again.



AnnieHR Officer, GIC

The cooking class was extremely interactive and so much fun. I learnt a lot during the class and have applied this new knowledge to my day-to-day eating habits. Thank you for the fun experience!'



AmySVP, GIC

The cooking itself was fun and nourishing. Smoothies and protein balls were great. And the goody-bags with treats and little cards for stocking up your fridge, cupboard, larder, etc were a nice surprise. I kept the cards and refer to them from time to time for my online shopping.

I see staff using the nutribullet in RE's kitchen, which I think is partly thanks to Patricia.

I'd love to attend again if you are planning more Metanoia Wellness cooking lessons in the future.



RichFinance Manager, GIC

I really enjoyed the course. It was informative and well presented. Patricia is lovely and charismatic with a good sense of humour.

I'm pretty clued up on the subject, but it's always good when someone presents the info you picked up here and there summarised in an orderly way. Also I find it helpful to have a 'refresher' as it makes you more disciplined about your healthy dietary habits. There was definitely something extra to learn for both with basic or advanced knowledge of healthy eating.



JinPortfolio Manager, GIC

Patricia ran a healthy eating workshop for us inspired by seasonal vegetables - in this instance the wondrous kale was one of the key ingredients. We prepared it in a variety of ways - and we came away with lots of ideas and confidence to cook

with it at home. It was fun, informative and motivated me to cook more healthier at home. Thank you Patricia!



Rachel CMarketing Manager, Unilever

Patricia @ Metanoia Wellness ran a workshop at Seenit the other day as part of a Wellbeing Week that I organised, I thought I'd share because it was great! The team loved it and we had healthy snacks for the office for days. If anyone is looking for someone to lead a Wellness workshop or is thinking if a wellbeing programme to implement in your organisations, then I recommend getting in touch.



Mara LHR, Seenit

We absolutely loved our Wellness event done by Metanoia Wellness. Patricia ran for my team a MIND and FOOD session and everyone was really engaged and came out of the session with practical skills and ways to incorporate wellbeing into our everyday lives. We loved the science behind some of stress management techniques and it really made us feel more comfortable about using these. The food we cooked was delicious and easy to do so we are thinking of investing in a blender so we can make some food in the office!



Rick WGroup Financial Controller

We had two workshops in the office with Patricia and they were both super inspiring. Patricia brought a huge knowledge about nutrition and wellness, but she actually made it very practical, so that everyone in the room could start applying those learnings in our daily life. We learned how to prepare easy and quick recipes that are healthy and that don't compromise on taste. I still keep some of Patricia's recipes and I certainly still follow her recommendations on wellness and nutrition.



Pedro CSr Brand Manager, Reckitt Benckiser

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