

S A R A

*Bauman*

HOLISTIC HEALTH AND WELLNESS COACH  
ICF ACCREDITED COACH IN TRAINING  
FOOD AND RESTAURANT CONSULTANT  
PUBLIC SPEAKER & MICRO INFLUENCER



## ABOUT SARA

Sara is a public speaker, certified holistic wellness coach, ICF executive coach in training, spinning instructor and experienced restaurant consultant with a passion for helping individuals to feel their best through sustainable food and lifestyle changes. As someone who has struggled with weight and hormone imbalances for most of her life, she understands the powerful effect that food has on our gut health and the body's metabolic and nervous systems. Having battled PCOS and thyroid issues throughout her twenties, Sara has built a comprehensive understanding of health and wellness that she is passionate about sharing with others facing similar challenges.

Sara believes that in order to be healthy and live more fulfilling lives, we need to do what we can to send the right messages to our body in order to optimise its function. Achieving this requires reversing the ingrained belief that eating pleasure can only be derived from foods that are, by definition, bad for you. Rather, Sara is an advocate for eating simple, nutritionally additive, and locally-sourced foods that are in harmony with our body and the planet. As a Pakistani woman with experience living in Canada, Bahrain and the UAE, she seeks to influence people from different cultural backgrounds, to inspire them to reject diet fads and to eat in a way that is true to their roots and in tune with the needs of their body.

# WHAT IS A HEALTH AND WELLNESS COACH?

A health and wellness coach helps a client to address imbalances in their life and set out clear goals for their future. From looking at diet, energy levels and exercise routine to assessing mental health and general lifestyle, they support clients step-by-step to implement and sustain lifestyle and behaviour changes that contribute to achieving their personal health and lifestyle goals. And all at a pace that is comfortable for them.

Over the past three years, Sara has successfully managed to lose 55kg without gaining any of it back. As someone who is able to share the experiences of her own journey, Sara is a real-life example of what can be achieved through expert guidance and support. Through her Instagram account, public speaking and coaching services she aims to lead by example and motivate people to live their best possible lives. Sara is also a qualified spinning instructor and specialises in teaching strength and soul lessons at her local indoor cycling studio.

Sara believes strongly that there is no one size fits all approach to health and wellness. She approaches each client as biochemically unique with individual needs and health goals that can be addressed. Clients working with her will receive a full health history assessment, a weekly meal plan, home workout/ movement guide and weekly check-ins that focus on helping clients to identify and address the barriers they face that prevent them from living a wholesome and fulfilling life.



# WHAT IS A CORPORATE WELLNESS COACH?

## **The problem**

In the wake of covid, three noticeable trends have emerged in the workplace. The first is the great resignation in which record numbers of workers quit their jobs. For many, burnout and mental health were key drivers of seeking new employment. The second is 'quiet quitting' in which many workers – frustrated with the politics of corporate systems – decrease the level of effort they put into their work. Finally, we have seen many employees grow accustomed to working from home and reluctant to return to the workplace. Now more than ever we are seeing science based evidence on how our lifestyle especially food has an impact on our productivity and output.

## **The solution**

The culmination of these factors has prompted many corporations to consider additional ways to retain and engage their employees. Corporate wellness coaches are qualified professionals specialising in helping employees to improve and maintain their physical and mental health goals. Corporate wellness coaches bridge the gap between standard healthcare and the wellness industry. Sara combines her holistic coaching background, executive coaching learning, and training and development experience to build a comprehensive corporate wellness program for companies which are tailored to their specific needs.

## **The benefits**

A corporate wellness coach, or employee wellness coach, can make a positive impact on a company's bottom line, helping to improve things like client/patient outcomes, employee engagement, medical compliance, team health and productivity, and even health and mental healthcare costs.



# AREAS OF EXPERTISE: HORMONE HEALTH

## WHY IS HORMONE HEALTH IMPORTANT?

We tend to think of certain times in life, such as puberty, pregnancy, and the transition to menopause as fuelled, but the truth is that our hormones influence the health of our bodies and minds every single day. Because hormones are so important to proper functioning, small problems with hormone balance can cause serious health problems. But diagnosing a hormone problem can be complicated, and traditional treatment methods tend to include prescription of pills and other medicines that can have long-term side-effects on the body.

## HOW SARA HELPS HER CLIENTS ON THIS ISSUE

Sara teaches her clients how to take control of their hormonal health by using food as medicine. In her tailored hormone health plan, she educates individuals about the brain-gut connection and how diseases such as PCOS, thyroid, and diabetes can be reversed by making the right choices in nutrition and lifestyle.

## EXAMPLE SPEAKING TOPICS

- The basics of hormone health
- How to balance your hormones through food
- The four most important hormones you should know about
- How your lifestyle effects your hormones



# AREAS OF EXPERTISE: SIMPLE EATING

## WHY IS SIMPLE EATING IMPORTANT?

The processed food industry has transformed our relationship with food. Consumers have been led to prioritise quantity over quality, appearance over nutrition and convenience over health. We have lost sight of what matters. Simple, honest and wholesome food that nourishes our bodies and improves our gut health.

## HOW SARA HELPS HER CLIENTS ON THIS ISSUE

Sara helps her clients to understand that nutrition and good food can and should make you feel great. Sara shares tips about removing the cost, stress and waste that come with following diet trends and the processed food culture. She helps clients to regain control of their health by eating in nutritionally-dense foods in a conscious and environmentally intelligent way.

## EXAMPLE SPEAKING TOPICS

- How to make a meal using 10 ingredients or less
- A minimalist approach to cooking
- Clean eating made simple
- How to simplify your cooking and reduce your monthly food bill
- Zero food waste - how can you make your contribution



# AREAS OF EXPERTISE: HABIT-BUILDING

## WHY IS HABIT-BUILDING IMPORTANT?

Our habits govern our lives. Research shows that around half of our daily actions are driven by repetition. This is why small changes can have such a dramatic impact on our health, mood, and relationships. Regular sleep and exercise, a healthy diet, an organized schedule, and mindfulness are just a few examples of practices that — if done regularly — can dramatically improve our health and wellbeing.

## HOW SARA HELPS HER CLIENTS ON THIS ISSUE

Sara integrates a variety of different sources, philosophies and practices to show her clients that lifestyle changes don't have to be overwhelming. By removing the hurdles to change and breaking the all-or-nothing barrier, individuals are able to make small changes that dramatically improve every element of their life.

## EXAMPLE SPEAKING TOPICS

- How to build your perfect morning routine
- The benefits of journaling
- One small change: how to incrementally build better habits into your life
- How to make habits stick



# AREAS OF EXPERTISE: CORPORATE WELLNESS

## WHY IS CORPORATE WELLNESS IMPORTANT?

Employee wellbeing is a critical component of a healthy working environment and organization. Companies that promote wellbeing make it easier for employees to manage stress levels while also maintaining a positive and productive environment. Wellbeing can refer to mental and physical health, as well as more complex things such as satisfaction, confidence and engagement levels.

## HOW SARA HELPS HER CLIENTS ON THIS ISSUE

As somebody who has worked in the corporate world for more than ten years, Sara is able to speak personally about the importance of finding a work-life balance that is sustainable. Over the years, she has developed a number of tips to help individuals to manage stress and improve workplace culture in order to deliver balance and prevent employee burnout. She has taken elements from her experience and education as a holistic and professional coach to create a bespoke corporate wellness program tailored to different industries.

## EXAMPLE SPEAKING TOPICS

- How to identify and prevent burnout
- Fuelling the whole person – the four interconnected domains of employee wellbeing
- How to find balance at home and in the office
- Finding ownership in what you do





# AREAS OF EXPERTISE: FOOD & RESTAURANT CONSULTANCY

## SARA'S CONSULTING EXPERIENCE

Sara has more than a decade in the food and beverage industry working for local cafes, production kitchens, healthy cafes and juice and smoothie bars to develop high-quality, low-waste and nutrient-rich menus. Her passion for food and nutrition started early when she helped set up her family's citrus farm in Pakistan. That is where she grew an appreciation for fresh, locally grown, organic produce and its ability to heal the human body.

Sara loves sharing her secret ingredients with other people and companies. As a sustainable food and restaurant consultant, she helps new and existing brands to engineer simple, seasonal menus that fit with their ethos and benefit their bottom line.

Sara offers a wide variety of services including:

- Recipe and Menu development
- Ingredient sourcing
- Developing seasonal product ranges
- Recipe costings and handling food waste
- Staff training
- Short term and long-term strategy development
- Education on nutritional information
- Consulting of kitchen design, layout + flow, packaging etc
- On-going monthly consulting
- Social media marketing strategy tailored to your brand



# HOW WE CAN WORK TOGETHER

There are a number of ways in which you can work with Sara depending on the needs of your business. Sara is based in the Middle East but available for work internationally. Example offerings include:

Corporate workshop and talks	Guest speaker or writer	In-house coaching services
Group coaching services	Corporate retreats	Collaborations and partnerships on products and services
Podcast guest	Menu development + restaurant advice	Spinning lessons and courses

## HOW TO GET IN CONTACT:

To contact Sara directly, please email:

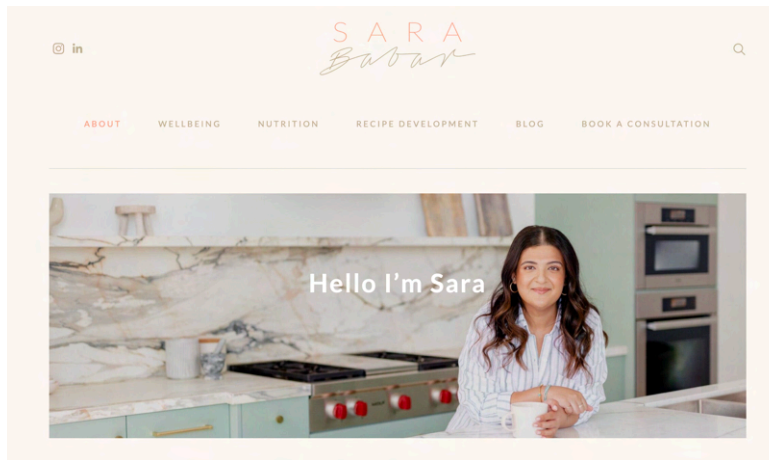
[hello@sarababar.com](mailto:hello@sarababar.com)

For CSR partnerships, collaborations and other opportunities, please contact:

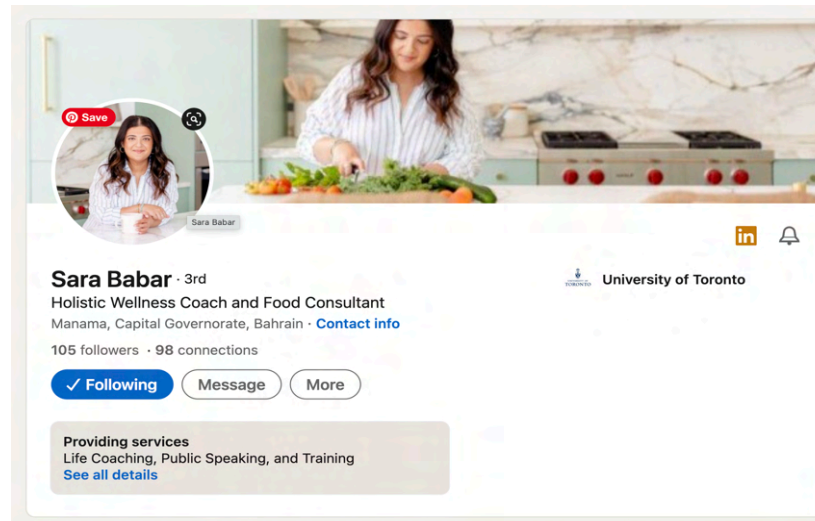
[hello@wearematcha.com](mailto:hello@wearematcha.com)



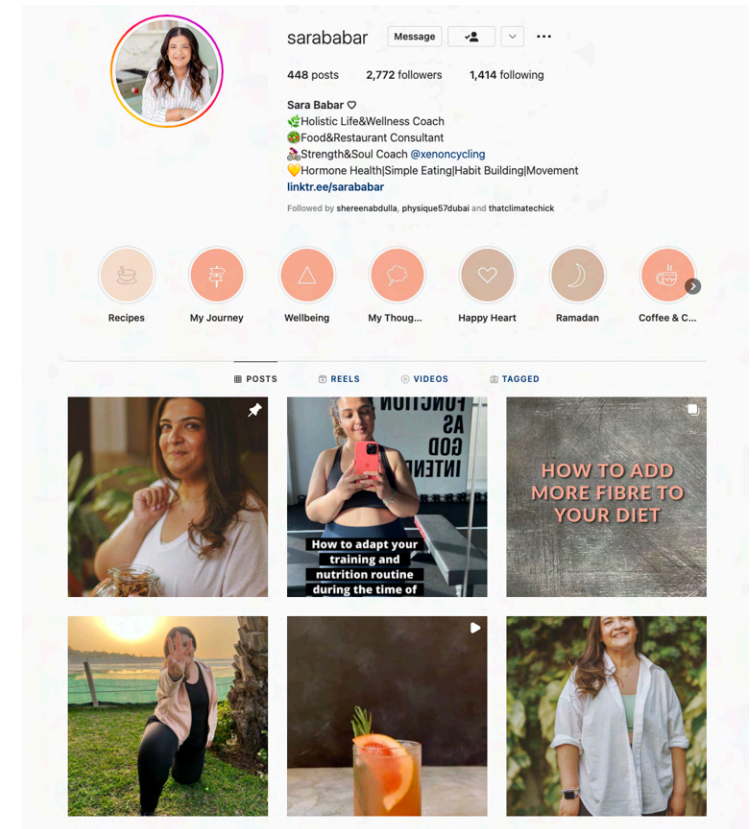
# WHERE YOU CAN FIND MORE FROM SARA



[WEBSITE](#)



[LINKEDIN](#)



[INSTAGRAM](#)

