# Chemistry at Work™

## A Science-Based Approach to Workplace Energy, Focus, and Wellbeing

Modern workplaces face a quiet but costly challenge: many employees struggle with fatigue, brain fog, stress, and inconsistent energy throughout the workday. These issues often affect focus, attendance, safety, and productivity.

Chemistry at Work™ introduces employees to the biological factors that influence how they feel and function each day — helping them better understand the connection between food, nutrients, brain signaling, and workplace performance.

### What the Program Includes

- 1-Hour Discovery Seminar

*A science-based session explaining how nutrition, brain chemistry, and daily habits influence energy, focus, and mood.*

- Printed Companion Guide

*Visual reference employees can keep at their desk to reinforce key ideas from the seminar.*

- *Private At-Home Nutrient Screen*

*Simple hair screening processed by an independent lab that helps employees explore possible nutritional imbalances.*

- Access to Personal Nutrition Coaches

*Employees may connect with our licensed nutrition professional to better understand their results and explore practical food strategies.*

### Why It Matters

Many workplace challenges are connected to everyday biological factors employees rarely understand:

- inconsistent energy
- afternoon crashes
- brain fog and reduced focus
- poor sleep and stress recovery

Helping employees better understand these factors can support improved daily functioning and workplace wellbeing.

## The Value Perspective

Even small improvements in attendance, focus, and daily energy can create measurable value for organizations.

When employees function better throughout the workday, the potential impact can include:

- fewer absence days
- improved productivity
- better engagement
- stronger safety awareness

## Program Structure

Chemistry at Work™ is available in three engagement levels:

- Foundation Experience

A complete introduction to the program.

- Momentum Experience

Adds mid-year reinforcement.

- Sustained Experience

Provides year-round engagement through additional educational touchpoints.

## Learn More

Explore program details, research, and resources:
goodhealthgeek.com/hr-resources