

Your calendar is running your diet.

Meetings get a booking. Lunch gets whatever's left.

01 · SYNOPSIS

We talk about performance, focus and looking after ourselves. Then we build working days with barely a moment to eat. Monique explores the collision between workplace expectations and everyday food, and asks what happens when eating becomes something squeezed in only after everything else is done.

02 · AUDIENCE RELEVANCE

Workplaces, leadership events and business podcasts.

03 · DISCUSSION POINTS

- The food habits a demanding workday quietly creates.
- Why the biscuit tin deserves a closer look at the day that came before it.
- How leaders can make eating a normal part of work.

04 · SUGGESTED HOST QUESTIONS

- What does a calendar without a lunch break do to everyday eating?
- Why is the biscuit tin rarely the whole story?
- How can leaders make room for eating without moralising wellbeing?
- What food expectations does a demanding workday create?
- What is one meaningful workplace change?

05 · INTENDED AUDIENCE OUTCOMES

- A systems view of food at work.
- Language for normalising breaks and meals.
- A practical prompt for leaders and teams.

ABOUT MONIQUE

Monique Etkind is an Accredited Practising Dietitian, speaker and co-founder of *meforme*™. With more than twenty years in private practice, she explores the often unspoken relationship between food, everyday habits and self-confidence. Her approach is warm, candid and practical. Her philosophy: steady is a skill.

06 · BOOKING CONTACT

Media and speaking enquiries: moniqueetkind.com/contact (choose "Media and speaking").