

Stacey Weckstein

Nutrition Coach for Business Owners and Successful Entrepreneurs



Stacey Weckstein, owner of Nutrition for Business Owners, advocates that a key ingredient to maximizing one's performance at work is energy management. Drawing from her extensive background in the culinary arts as well as personal experience, she knows what it means to fuel for success.

Raised in a family with a mother who was health conscious, Stacey learned early on how to eat well but later in life found herself challenged by a weight issue that gave her thyroid and blood sugar problems. That was the catalyst for Stacey digging into her problems further to find out how food affects the body. Subsequently she became a Certified Health Counselor with New York's Institute for Integrative Nutrition (accredited by Columbia Teachers College), a Certified Raw Food Chef and a classically-trained culinary chef (Johnson & Wales University). She is also a member of American Association of Drugless Practitioners. Additionally, Stacey has spent over 10 years in management with some of the most successful food businesses in the country, including Starbucks.

Stacey holds a bachelor's degree in psychology from Boston University, giving her a deep understanding of the motivations behind food and lifestyle choices. She works with entrepreneurs and solo-preneurs across several industries; the majority are women business owners. Her approach is direct yet caring as she takes clients on a journey of health education that empowers them to make informed decisions about food and how to eat well both on the job and at home.

Services include individual and group telephone counseling, teleclasses, cooking classes, live retreats, plus Stacey is also an in-demand speaker for corporations and small businesses in need of wellness workshops. All counseling and onsite consultations are personalized and customized.

Stacey is passionate about helping people find their way to better health by giving them the knowledge and tools that will serve them for a lifetime. "Health should be easy, fun, and taste good. Just do the best you can," she says.

Contact Stacey by phone: (954) 288-9345.

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Quick Facts

What type of clients does Stacey work with? Stacey's experience and expertise qualifies her to counsel any type of client, however, she works primarily with business women and men across all industries.

Who is Stacey's ideal client? A business owner, entrepreneur or independent business professional who is ready to make changes in their life that will, in turn, positively impact their business.

What type of education does Stacey have to qualify her for this career? Stacey is a classically-trained culinary chef from Johnson & Wales University and a Certified Raw Foods Chef. In addition to her culinary background, she holds a Bachelor's Degree in Psychology from Boston University. Stacey is also a Certified Holistic Health Counselor through the Institute for Integrative Nutrition and is a member of the American Association of Drugless Practitioners.

What are some topics that Stacey can speak on?

- Office Organizing Secrets to Boost Your Energy and Reduce Stress
- Learn How to Take Charge of Your Health While You Work
- Energy Management Secrets for Eliminating Business Overwhelm and Fuzzy Thinking
- Brain Food for Business Owners and Entrepreneurs.

Frequently Asked Questions

What motivates you to do what you do? When I found myself dealing with thyroid and blood sugar issues which stemmed from being overweight, I was determined to change my health. I did not want to use traditional medications. When I learned that I could drastically change my life without the use of prescription drugs, and by using food as a primary source of healing, I went on the hunt to find answers.

How did you get started in such an interesting career? I have been fascinated by food my whole life. Growing up, my mom was a microwave chef. Eventually I became a cook, and then later managed some of the most successful restaurants in the country. I also worked for a natural grocery store in the Whole Body Department, studying the intricacies of how food and supplements affect the body. Since that experience, I've helped countless business people achieve dramatic improvements in their health – in turn, making them more motivated, capable and productive.

What is one key message you would tell your potential clients? Being healthy doesn't have to be hard. It's actually enjoyable.

What are some favourite recipes you use to stay healthy?

I created a green smoothie that tastes great, gives me energy, supports weight loss and blood sugar balancing and helps me get in my fruits and vegetables first thing in the morning. I have turned on numerous clients to this green smoothie, and, as a result, they are achieving their health and energy goals.

What else do you like to do to stay healthy?

A well-balanced life is a key component to staying healthy. Having a career that inspires you, a relationship that fuels you, exercise that excites you and a spiritual connection that ties it all together are the key components to being successful with food and life.

How do you structure your corporate programs? I counsel in corporations 2 times per month, 1-2 times a week and provide them with quick-and-easy healthy recipes, perform food demonstrations and teach them how to support each other's health goals. One of my favourite tips to tell them is to enlist a partner (or their secretary); the partner can help remind them to do things such as drink water by sending them a quick email.

What do your clients enjoy most about you?

My clients seem to enjoy my direct approach and knowledge base about how food affects the body. When my clients coach with me or take a class, they feel at ease because of my casualness and my ability to make it fun and inviting. At the same time, I have the ability to get to the bottom of what is going on for them, make it understandable, and show them how achievable their goals are.

1. **Drink water (½ your body weight in ounces of water).**
2. **Go natural. If it's not food, don't eat it.**
3. **If you can't pronounce it, it's not food.**
4. **Make healthy cooking easy, fast and taste great.**
5. **Eat your greens; add more fresh salads and green smoothies to your day.**
6. **Take time for yourself, even if it's for 5 minutes a day to get centered and recharged.**

Helpful Tips

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