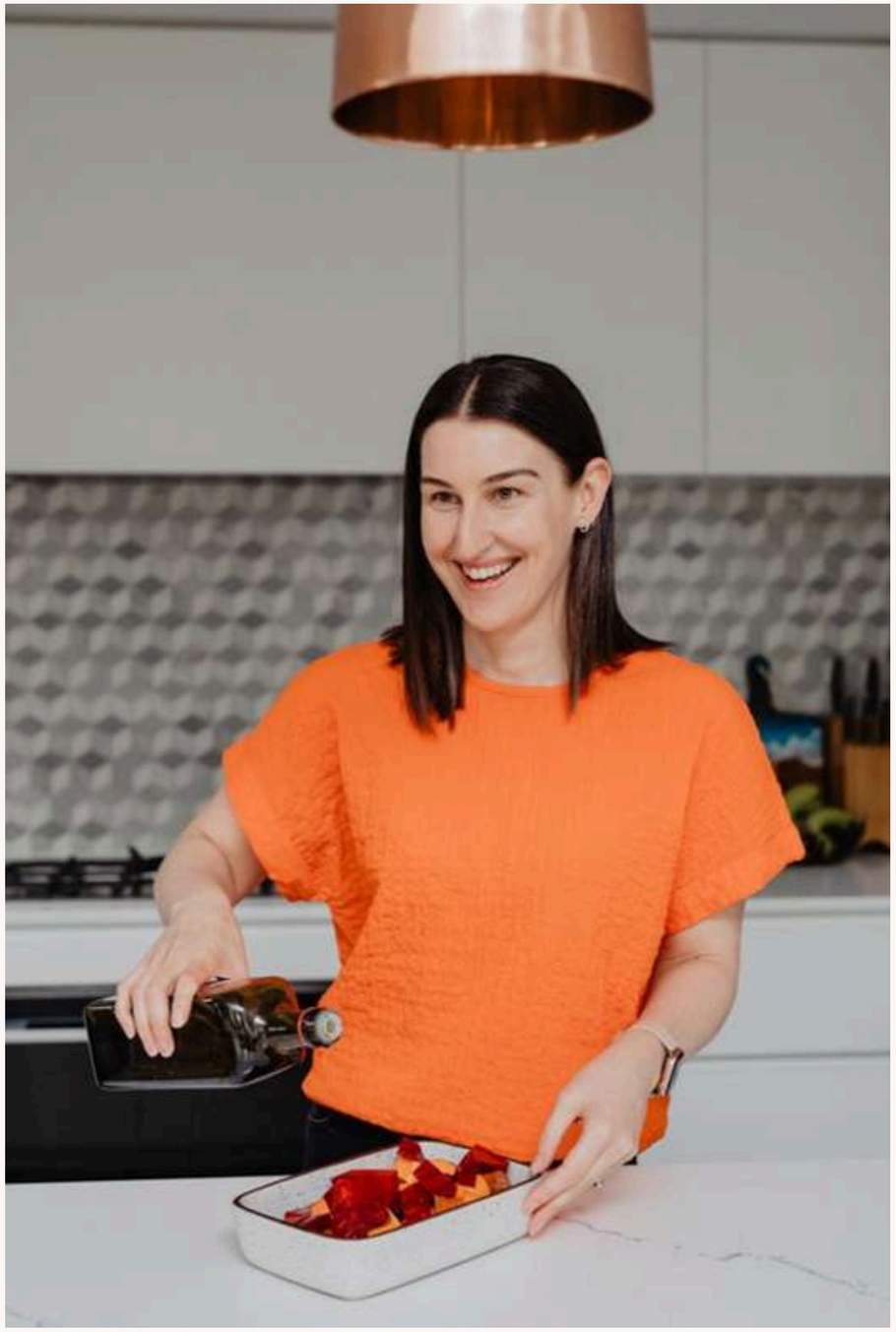
HARMANHEALTH

EDUCATOR & SPEAKER

2027 Services Guide

IT'S NICE TO MEET YOU





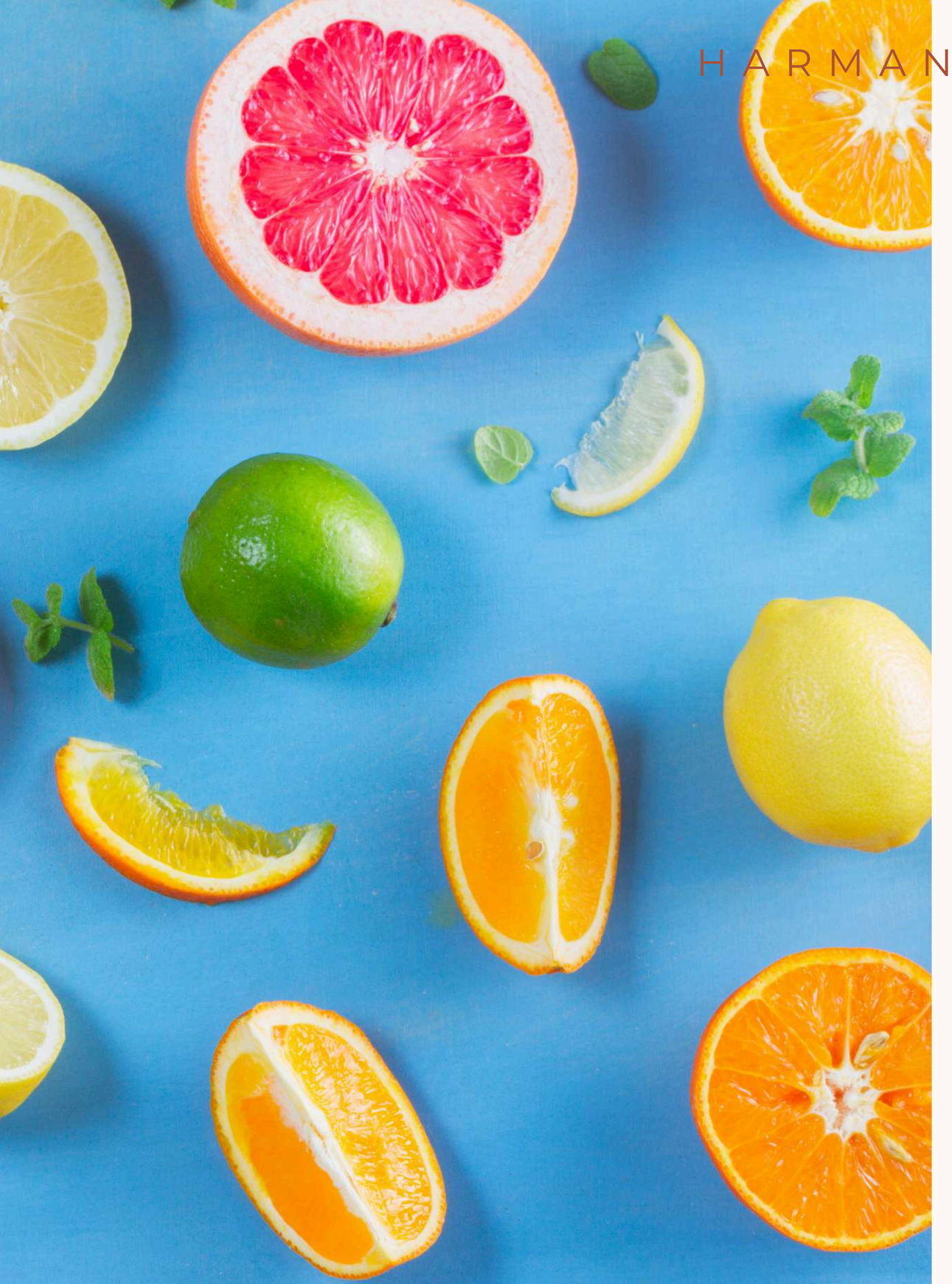
WELCOME!

I Make Nutrition Simple Because Life's Complicated

enough, right?

Most people don't need a strict diet or lecture on kale. What they need is practical, evidence-based advice that makes sense in real life, whether that's at work, at school, or in the community.

I'm sick of seeing so much misinformation online, so I'm cutting through the noise to give people clarity and confidence about their food choices.



SERVICES GUIDE 2027

About Me

What I do and how I can work with you.



About Me (Jade)

I've got a Bachelor of Health Science in Nutrition & Dietetic Medicine, plus years of experience working with real people who don't have time for complicated rules or kale-only recipes.

I believe in honesty, strong coffee, short emails, and nutrition advice that's backed by science. I'm not about small talk, social media, coriander, or waiting around... I like things now.

She was warm, empathetic, and truly connected with me.

— DEBORAH B (CLIENT)

She definitely provides practical and realistic advice.

— NAT (CLIENT)

Featured In


NEWS 11

Iron deficiency alert amid cost crunch

Food bills are enough to make you sick!

CLAIRE SADLER

More people are going to be diagnosed with iron deficiency as the cost of living forces shoppers to forgo healthy, nutrient-rich food, doctors and dietitians warn.

The stark warning comes as Australian's consumption of beef — a key source of iron — fell by more than 7 per cent in the past year.

According to the World Health Organisation, iron deficiency is the most common nutritional disorder in the world and it could become more prevalent as people cut back on meat as they grapple with rising grocery bills.

Perth clinical nutritionist Jade Harman was especially worried about people having to cut out red

deep Jayasuriya said he was "absolutely" concerned about the flow-on health effects of inflation bumping up grocery prices.

"The cost of living impacts on food choices and leads to poor nutrition," he said. "The group of people that are most impacted is children and vulnerable elderly.

"I'm worried about children because they need iron for their growth and development, particularly around learning."

Professor Jayasuriya said he expected to see more patients coming in with iron deficiency as the impacts of food insecurity started to set in.

"It's an impact we're not seeing fully yet because there is a lag from poor nutrition to health status," he

Picture: Ayesa Prescott

THE WEST AUSTRALIAN

The increase of iron deficiency amid rising food bills.

READ NOW


26 NEWS

Everyday foods that are ruining the health of families

Growing evidence links ultra-processed foods to obesity

ANGELA POWNALL

EXPERTS' UPF HIT LIST

Supermarket bread

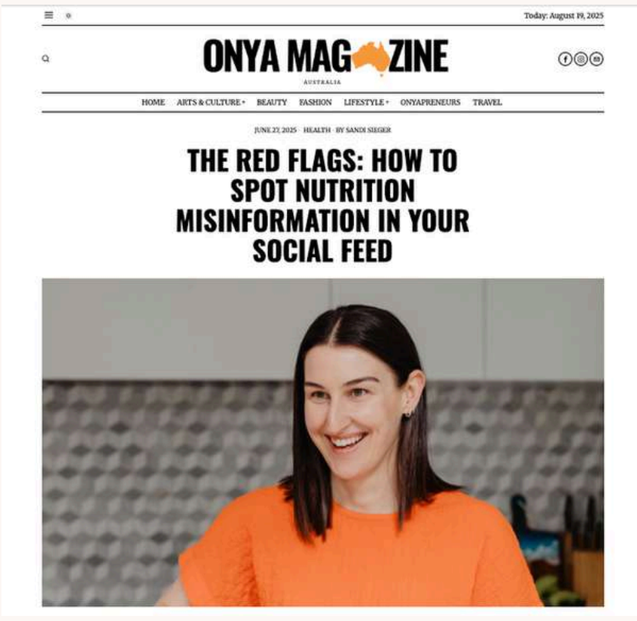
Ready meals

Breakfast cereal

THE SUNDAY TIMES

Ultra processed foods and their effect on families.

READ NOW


Today: August 19, 2025

ONYA MAGAZINE

AUSTRALIA

HOME ARTS & CULTURE BEAUTY FASHION LIFESTYLE ONYAPRENEURS TRAVEL

JUNE 27, 2025 · HEALTH · BY SANDI SIEGER

THE RED FLAGS: HOW TO SPOT NUTRITION MISINFORMATION IN YOUR SOCIAL FEED

ONYA MAGAZINE

How to spot health misinformation online.

READ NOW



I’VE BEEN FORTUNATE TO WORK WITH CLIENTS LIKE

Waalitj FOUNDATION

GOVERNMENT OF WESTERN AUSTRALIA
Department of **Planning, Lands and Heritage**

JONES and CO.

XCEED REAL ESTATE

ST SIMON PETER CATHOLIC PRIMARY SCHOOL
LOVE ONE ANOTHER

FOOTBALL WEST

Services



KEYNOTE SPEAKING

Talks to inspire thought and change in attendees on their health.

VIEW MORE



WORKSHOPS

Practical workshops for small groups to change their nutrition.

VIEW MORE



COACHING

Personalised advice following on from workshops or keynotes.

VIEW MORE

UNSURE IF YOU..

Need a workshop or keynote?

Keynotes are inspiring and great for events and large groups over 30 people.
Workshops are practical best for small groups 10-30 and corporate settings.

VIEW MORE





HARMAN HEALTH

Workshops

Evidence-based, practical and fun.



WORKSHOPS

Talks That People Actually Listen To

Lively, relatable sessions that keep audiences switched on. From nutrition myths to tricks of food marketing - or a topic tailored just for your group - every talk is evidence-based, practical, and packed with lightbulb moments.

CONTACT ME















WORKSHOP

Make Healthy Easy

A no-nonsense approach to the core nutrition principles vital for better health, translated into practical steps your attendees can actually use.

Instead of theory overload, I break down each key nutrition principle into real-life examples that actually make sense in a busy day.

Attendees walk away not just inspired, but armed with practical strategies they can implement straight away — from simple meal tweaks to smarter snack choices.

DELIVERED IN THE ROOM OR ON ZOOM

WORKSHOP

Maintain Healthy Habits

A workshop that turns the thought ‘I should do this’ into ‘I actually do this’ - while helping attendees ditch the habits holding them back.

Held four weeks after Make Healthy Easy (or as a stand-alone workshop), this session dives into meal strategies, habit formation, and the key factors that drive success.

Attendees can also shape the conversation by pre-submitting questions or bringing them along on the day for real-time answers.

DELIVERED IN THE ROOM OR ON ZOOM

WORKSHOP

Navigate Health Online

A workshop that will turn attendees into human BS detectors for all the online health and nutrition advice out there.

This structured workshop gives attendees a clear framework to evaluate health and nutrition information they see online.

They'll leave knowing exactly what to trust, what to ignore, and what's actually worth applying for their own wellbeing.

DELIVERED IN THE ROOM OR ON ZOOM

WORKSHOP

Bespoke / Custom

Tell me what your people are struggling with, curious about, or drowning in, and I'll create an interactive session that gives them what they really need.

This tailored workshop is designed around your team, school, club, or community. I take your goals, your questions and turn them into a session that's engaging and instantly useful.

You can focus on a type of work, sport or lifestyle, specific health condition or a particular workplace theme.

DELIVERED IN THE ROOM OR ON ZOOM

Keynotes

Keynotes to headline your event.



Wellness Is A Full Time Job.

Feel relieved that better health doesn't mean doing more. Attendees leave focused on the few habits that actually move the needle.

+ You'll realise you're not failing at health
+ Learn how to filter health information
+ Confidence choosing what works for you
+ Understand that better health doesn't require more

IN-PERSON OR VIRTUAL



We Need To Talk About Weight.

Feel free from obsessing over the scale - because they understand which habits matter more, and why health is bigger than a number.

+ Focusing on weight keeps people stuck
+ Shift from weight to sustainable habits
+ Leave with a clear definition of health

IN-PERSON OR VIRTUAL

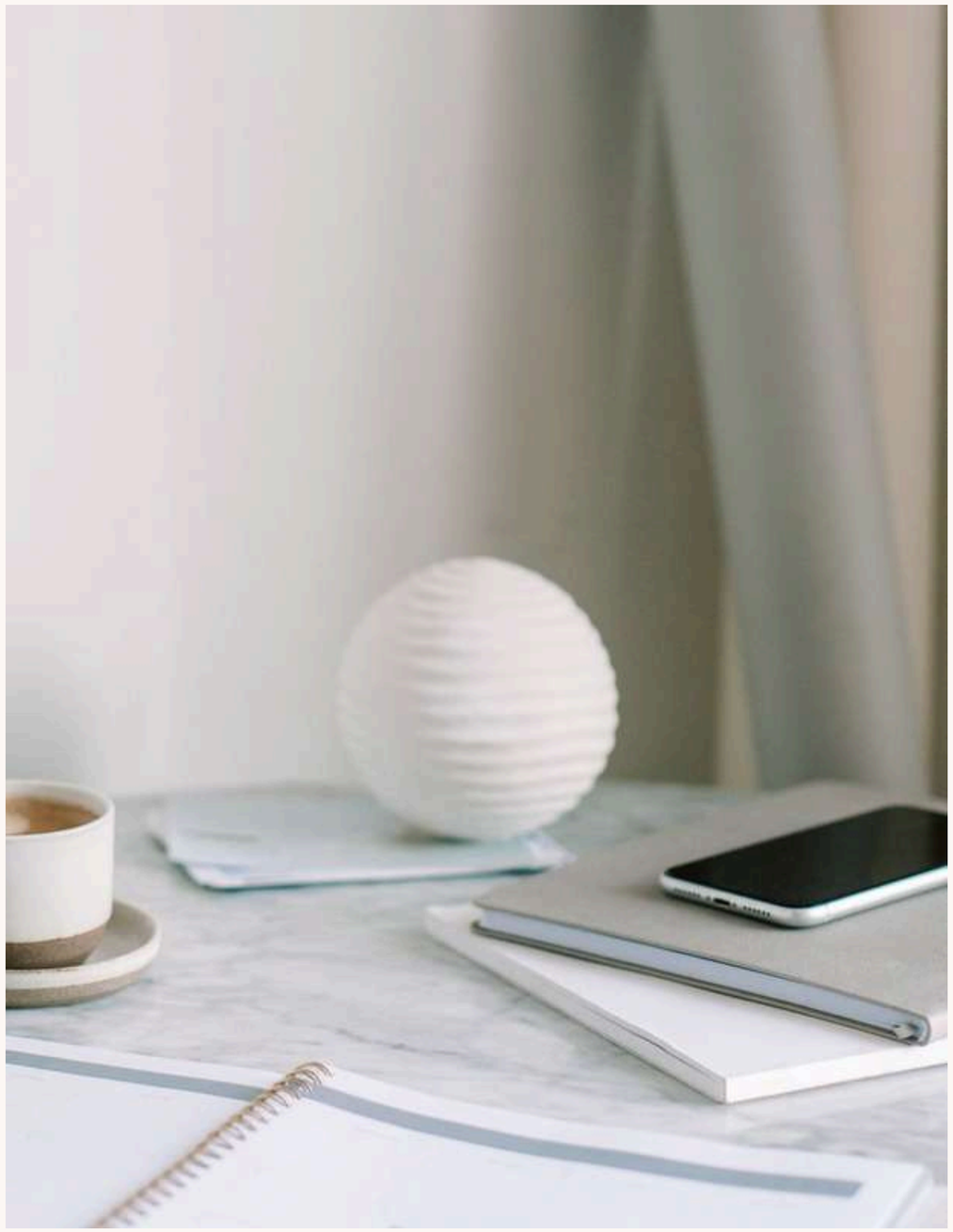


Motivation Is A Scam.

Stop waiting to feel motivated and start taking simple, repeatable action. Because lasting health comes from habits that fit real life.

+ Why motivation is unreliable for change
+ How All-or-nothing keeps people stuck
+ Why consistency beats perfect plans
+ Leave inspired to take simple action

IN-PERSON OR VIRTUAL



Free Tools, Extra Impact.



THE PARTICIPATION POWER PACK

Maximise engagement by using my pre-workshop survey and done-for-you engagement activity ideas.

THE VALUE & VALIDATE KIT

Measure your ROI (if you're not already) with my Transformation Tracker, and I'll give you pre/post survey templates to track change and satisfaction.

THE EFFORTLESS EXECUTION PACK

I'll decrease your workload by providing a process document, mapping each touchpoint and email templates you can use for attendees.



next steps:

Ready to move forward?

Let’s get started! Fill out the form with your ideal date, goals, and any details you know, and I’ll map out the best-fit workshop for your attendees.

REQUEST A QUOTE



Coaching

Nutrition coaching in the workplace or community.

01 /

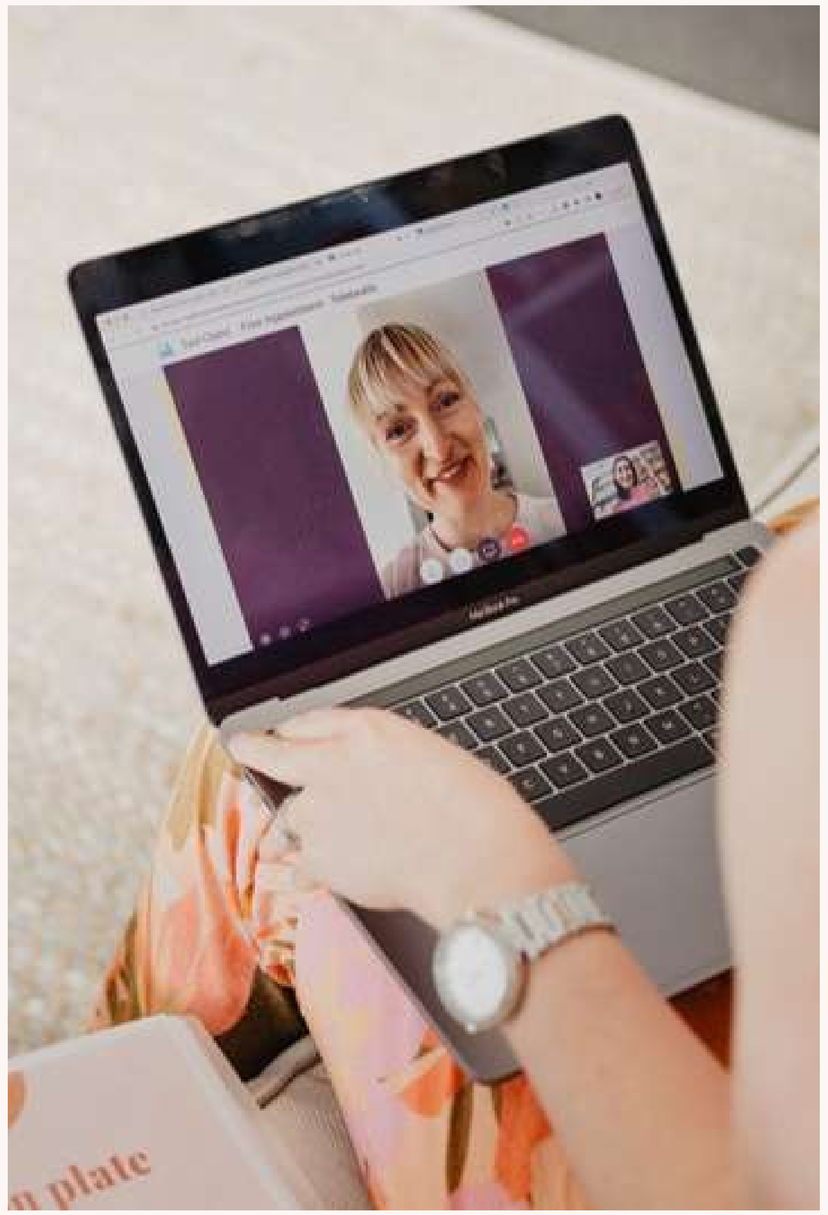
Group coaching



Extend the value of your workshop with group coaching. These smaller, interactive sessions give attendees a chance to dive deeper and learn from each other. It’s a supportive, collaborative way to maintain healthy habits.

Perfect to extend support beyond workshops and keep wellbeing alive day-to-day.

02 /
1:1 Coaching



For attedees who want more personalised support, 1:1 coaching is the next step. We create simple, realistic strategies that work in their daily life. These sessions give confidence and clarity to make meaningful, lasting changes — at their own pace.

Perfect to give employees personal, tailored support to create real change.



Kind Words

Lovely people saying lovely things.

KIND WORDS

“I really loved the workshop! She was great and covered all the basics pretty well.”

The topics discussed where very well presented and easy to understand and adopt. Covered a lot of information in the timeframe. I would love to see her and more workshops in the future related to nutrition.

— Workshop Attendee



KIND WORDS

“Everyone usually thinks of our PD Days as a snooze fest, but now everyone’s so excited for the next one.”

Everyone usually thinks of our PD Days as a snooze fest, but after that, everyone was so excited for the next one. She was so warm, personable, with a sense of humour and just really relatable. It made our boring PD days turn into something that everyone now looks forward to which is so so rewarding.

— HR MANAGER, FOOTBALL WEST

KIND WORDS

“The handouts were practical and easy to understand, and I like that the nutritionist gave recipes that she uses”

I think the workshop was successful in providing a broad and easy to understand starting point for staff to think about and begin engaging with nutrition and diet.

– WORKSHOP ATTENDEE



Next Steps

Request a quote, book the workshop then sit back and relax.



Process Overview

01 / Quote

Start by filling out the quick form on my site with your ideal date, what you'd like to achieve, and any details you already know. This helps me shape the perfect workshop for your team right from the start.

REQUEST A QUOTE >

02 / Booking

I'll send through a clear and detailed proposal so you can review the service inclusions and cost. Once you're happy, you simply book the workshop in via my website booking form - easy.

REQUEST BOOKING >

03 / Sit Back

From there, I take care of everything: I'll send you email templates to handy tracking tools and extra resources. All you need to do is relax and look forward to an engaging session.

LET'S DO THIS!

HARMANHEALTH

The best diet is the one that works in real life.

SERVICES GUIDE 2027



next steps:

Have questions? Ready to move forward?

Tell me what you need! Fill out the form with your ideal date, goals, and any details you know, and I'll map out the best-fit workshop for your attendees.

REQUEST A QUOTE

HARMANHEALTH

IT'S BEEN A PLEASURE

Thank you.

REQUEST A QUOTE

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