

School Speaker



Published Author

Nourishing Routes



SWITCH ON TO
BUSINESS
AWARDS

WINNER

Love Food,

Adore Your Body,

Become Your Authentic Self



“Nourishing Routes is a Compassion-centred intervention and prevention tool for eating disorders, poor body image and low self-esteem in schools, colleges and universities”



Marissa Pendlebury (MSc; BSc; MBPsS; PGdip), founder of Nourishing Routes, is a successful author, public speaker and expert in the field of eating disorders, public health, body image, positive psychology and nutrition.

Following her own recovery from anorexia nervosa, body dysmorphia and depression, Marissa developed the Nourishing Routes philosophy to enable individuals to find their own unique routes to happiness and health - away from faddy diets, rigid fitness regimes, striving for perfection and making negative self-comparisons with others.

Services

- ✦ Inspiring Talks / Assemblies
- ✦ Training for teachers / parents to raise awareness and understanding of eating disorders, early warning signs, how to provide support
- ✦ Student empowerment and resilience workshops
- ✦ School Policy Development
- ✦ Nourishing Routes Ambassador Training
- ✦ 8-week multimedia online course to help individuals with negative relationship with food, body or an eating disorder

Teenagers & students are most at risk of eating disorders, which affect 1.6 million people in the UK

Contact

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✦ Marissa

Academically qualified in psychology, public health, nutrition, counselling and higher education teaching, Marissa visits schools, colleges and universities to share her own experiences and raise awareness around eating disorders through offering prevention workshops, inspiring talks and Nourishing Routes ambassador trainings.



Nourishing Routes is especially helpful for students who have experienced an eating disorder or a less than loving relationship with food and body.

“Marissa is an amazing speaker who has an innate ability to speak on many different levels to capture the right level of interest and attention. She was an absolute pleasure to work with, and her passion radiates all around her and to all those she meets. Would definitely recommend Marissa to anyone looking to inspire others with positive self-esteem and motivation to follow their heart and dreams”

✦ How Can Nourishing Routes Help You?

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The training sessions, inspiring talks and workshops can be tailored to your individual needs and budget, while catering for any number of students, teachers and/or parents - enabling everyone involved to take positive action that promotes positive physical and psychological wellbeing for all.

This can involve promoting a greater understanding and awareness about eating disorders, weight-related bullying and related health issues, as well as spotting early warning signs, developing school policies and taking appropriate steps to get help and provide support to those in need.

✦
Marissa also delivers workshops that allow students, teachers and/or parents to become **Nourishing Routes Ambassadors** (who can share its empowering message with their peers).

Marissa has additionally created a unique **peer support and evidence-based 8-week online course**, where individuals can easily access multiple video and audio based talks and activities (presented by Marissa herself) that endorse the Nourishing Routes philosophy.