

TIER 01 · AVAILABLE NOW

Tier 01 · Nourishment

Nutrition Without Prescriptions: How Coaches Educate, Reinforce, and Refer

Most workplace nutrition advice fails one of two tests: it's prescriptive when it should be educational, or it's vague when it needs to be specific. This talk lays out how Equinox Coaches use the GSPA framework, motivational interviewing, and a strict scope-of-practice line to drive measurable nutrition behavior change without ever crossing into clinical territory.

KEY TAKEAWAYS

- 01** The "Hear → Identify → Respond" framework: turning client statements ("I'm so tired lately") into actionable coaching responses
- 02** Why scope of practice matters — what a Coach+ can and cannot do, and how that clarity protects both the client and the organization
- 03** The GSPA framework applied to nutrition: Goal → Skill → Practice → Action
- 04** Motivational interviewing (OARS) as a tool for unlocking sustained habit change without resistance
- 05** Five common nutrition challenges (fat-loss stalls, recovery, frequent illness, low energy, slow recovery) and the nutrition lever behind each
- 06** Why "I just need a meal plan" is rarely the right intervention — and what is

AUDIENCE

Wellness committees, HR, ERG leaders. Useful when an organization has tried nutrition challenges and wellness apps and seen short-term spikes followed by reversion.

FORMATS

- 45-min keynote
- 90-min interactive workshop with live "Connect the Dots" exercise
- Half-day intensive with case-based GSPA practice

SAMPLE AGENDA

- 0–10 min — The two failure modes of workplace nutrition
- 10–25 min — Hear → Identify → Respond (live decoding of client statements)
- 25–45 min — The GSPA framework with a real client case
- 45–65 min — Motivational interviewing and the confidence ruler
- 65–80 min — Workshop: attendees draft a GSPA for a hypothetical team member
- 80–90 min — Q&A

SLIDE OUTLINE

Slide 1 — Two ways most nutrition advice fails

Slide 2 — Scope of practice: what coaches do vs what dietitians do

Slide 3 — Hear → Identify → Respond

Slide 4 — The GSPA framework (Goal → Skill → Practice → Action)

Slide 5 — OARS motivational interviewing

Slide 6 — Five challenge patterns and their nutrition levers

Slide 7 — The confidence ruler and shrinking the habit

Slide 8 — Compounding effects: why the 160 hours outside the gym matter most

SPEAKER POOL

Coach X-tier Coaches with the Coach+ Nutrition specialization. Featured at workshops: Lynn Pesce Vita (Hudson Yards / Scarsdale, 2023 PT Educator of the Year) and Jillian O'Neil (E. Madison, Coach X / Dietitian).