



Kate Cook

MENTAL HEALTH ADVOCATE · TEDX SPEAKER

Founder of The Nutrition Coach and TEDx Speaker on Wellness in the Workplace

Kate Cook offers an unbeatable combination. Science-backed expertise matched with research and analysis to develop easy packages to inspire your staff, along with brilliantly engaging delivery. She has been a nutritionist for 20 years, working with individuals and corporates to create happier and healthier workforces that boost performance.

Kate Cook's 2026 Biography

About Kate Cook

- Founder of Harley Street Clinic, Nutrition Coach
- Author of: Get Healthy for Good & The Corporate Wellness Bible
- Appeared on The Truth of Beauty

A revolutionary fitness and nutrition expert, Kate Cook uses her wellbeing know-how to inspire businesses to success. Her main focus is transforming workplace cultures and she's helped some of the country's most high-profile organisations including the Bank of England, EDF Energy and JP Morgan. When booked as a mental health speaker she routinely helps audiences realise their own potential and adopt healthier lifestyles both physically and mentally.

For over 20 years Kate worked as a nutritionist helping both individuals and businesses boost performance. In 2000 she launched the Nutrition Coach, a Harley Street clinic that has helped thousands of patients address a number of issues using healthy eating to address that sense of positive wellbeing. These experiences have helped her specialise in three key areas. This includes sugar addiction, the power of change and sustainable energy by helping her audiences with strategic eating. Her work with the clinic has also seen her become a popular television personality appearing on The Truth of Beauty alongside Martine McCutcheon in 2008.

A former history, economic history and politics graduate, Kate went on to study nutrition for three years at the Institute for Optimum Nutrition. Following this she created the Nutrition Coach, and this has stood her in good stead for her mental health speaking career. Believing that addressing physical health is the first step to helping with mental health, this is a mantra she discusses at her speaking events.

Now, she continues to help people with her positive nutrition and

AVAILABLE FOR

- Speaking
- Training and Workshops

LANGUAGES: English

wellbeing tips, things that she's included across a number of published books. This includes Get Healthy For Good, Be Incredibly Healthy with Sally Brown and The Corporate Wellness Bible. As well as this she is a regular columnist in The Sunday Express and Marie Claire.

During her mental health speaking events Kate can instil the skills she's learned from her successful career empowering audiences everywhere she goes.

Kate Cook's 2026 talks & topics

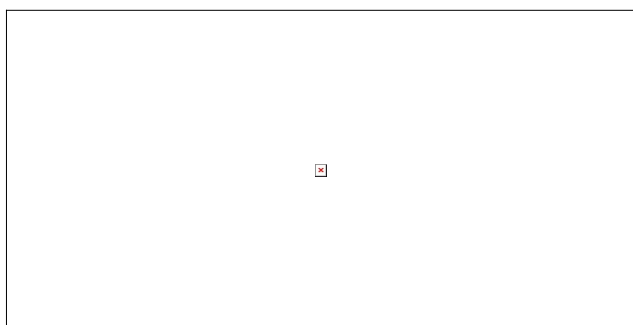
Sugar Bites Back

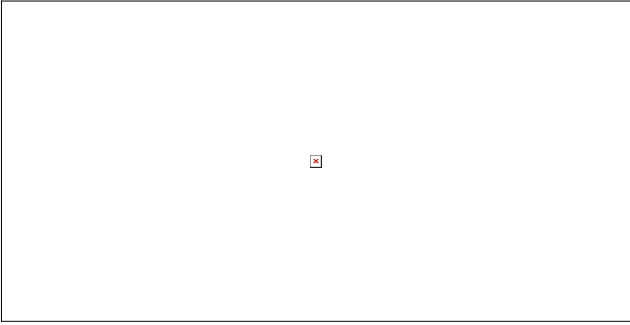
Genes Load the Gun, Lifestyle Pulls the Trigger

Vibrant energy

Wellness in the Workplace

Kate Cook's Videos





What Kate Cook's clients say

Thank you again Kate for a really interesting and excellent presentation which everyone seemed fully engaged with!

Gemma
Accenture Digital

Kate Cook delivered well-informed, highenergy talks throughout the day - overall, the participating employees rated her "excellent" on the feedback forms - it was a really inspiring and engaging day.

Delia
GE Healthcare

Kate Cook engages the team with practical, easy-to-dos that could potentially make a huge difference to how we work. She inspires by being fun, vibrant and convincing. Kate creates a dynamic foundation for health and wellness.

Holly
University of London

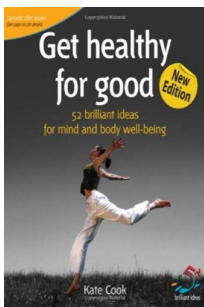
I wanted to thank you for the work you put into finding and arranging the Kate Cook appointment. The call yesterday was a success. Kate kept the audience captivated throughout the whole time with her professionalism and ease of communication. She captured the theme well and put us all at ease with preparatory calls and run-throughs. Highly recommend her!

Rod
Shell

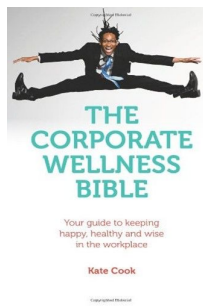
I certainly took away some 'bite size' chunks of invaluable information and will certainly be acting on them. Thank you again Kate for making such a profound difference to how I live my life.

Jim
Accelerate UK

KATE'S LATEST BOOKS



Get Healthy for Good: 52 Brilliant Ideas for Mind and Body Well-being



The Corporate Wellness Bible: Your guide to keeping happy, healthy and wise in the workplace