



PROFESSIONAL SUMMARY

Dr Julie Moltke is a medical doctor and has spent most of her career focusing on mental health, stress management, and the medicinal cannabis industry.

She is a public speaker and author of "A Quick Guide to CBD".

Dr Julie is the founder of the London-based health, wellness and cannabis science publication, Getthedose. Dr Julie prescribes medicinal cannabis at Clinic Horsted in Denmark and works with holistic and science-backed stress management across the world. Her book on the same topic will be out next year. She is also a yoga and mindfulness teacher and owns and runs a retreat center at her estate in southern Sweden.

CONTACT & BOOK:

For details and prices
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www.getthedose.com
www.mindfulnessmanor.com

Dr Julie Moltke

MENTAL HEALTH, STRESS
MANAGEMENT & CANNABIS EXPERT

CORPORATE MENTAL HEALTH AND HOLISTIC STRESS REDUCTION SERIES: 4 SESSIONS

ALL SESSIONS CAN BE OFFERED IN-PERSON OR AS WEBINARS.

INTRODUCTUARY SESSION – 60 MINS

Understanding Mental Health & Stress

- A 360 Degree view on mental health & stress
- An introduction to stress theory; understanding the connection between the brain and the body, science of mindfulness (science-based on newest research)
- Productivity, creativity, and stress
- How to change a habit: where to start
- 2-3 tools to improve mental health, productivity, and wellbeing: experience-based learning including mindfulness tools

THE PILLARS OF HOLISTIC HEALTH

SESSION 2: 60 MINUTES

Improving Sleep & Managing Anxiety

Sleep can improve all aspects of mental and physical health and increase productivity and creativity

- The newest sleep science explained to help you improve sleep, energy, and focus
- Learn about proper sleep hygiene
- Food, supplements, and botanicals for sleep
- Practical tools to combat insomnia
- Practical tools to combat anxiety

Practical Information:

- **All sessions have associated slides**
- **Practical tools are available as online and offline materials**
- **All sessions can be made as webinars or in-person by Dr Julie Moltke**
- **Dr Julie offers a 20% discount on private or group therapy after ended sessions**

Session 3,4 & more workshops on next page:



FEATURED IN

VOGUE



THE TIMES

ELLE
DECORATION

netdoctor 
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BALANCE
LIVE WELL

healthyfood
GUIDE

CONTACT ME AT:

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THE PILLARS OF HOLISTIC HEALTH CONTINUED...

SESSION 3 – 60 MINUTES

Easy Nutrition, Supplements and Physical
Exercise For Mental Health

- The basic science of nutrition and how to create a balanced plate
- How to change bad eating habits one by one
- Food and supplements to increase energy and focus
- How to combat the afternoon energy-crash
- The science of physical exercise to support mental health and increase energy

SESSION 4 – 60 MINUTES

Communication, Daily Mindfulness and
Workspace Wellbeing

- Assertive communication as a key tool to balance both work and private life
- The science behind mindfulness and meditation: How to increase balance, wellbeing, productivity, creativity, and focus
- Workspace wellbeing and working from home
- The art and science of taking breaks

OTHER OFFERINGS

WORKSHOPS CAN BE SPECIALLY TAILORED
TO CLIENT NEEDS INCLUDING THE
FOLLOWING TOPICS:

- Medicinal Cannabis and CBD
- The Science of How to Improve Sleep
- Mindfulness In The Workspace
- Stress Management For Leaders
- How to Reduce Daily Stress
- Understanding menopause and how to handle it: A workshop for men and women
- How To Efficiently Work From Home
- Maintaining a Healthy Immune System
- A New Normal: From Treatment to Prevention