



NICOLE MCAULIFEE
DIRECTOR, CREATE WELLBEING GROUP
THE ROLE OF NUTRITION IN GOOD LEADERSHIP

LEADERSHIP MOMENTS PODCAST TRANSCRIPT



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EPISODE 33



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[Start of Transcription]

NICOLE: (00:00) I had a large team. I was working within a bank, always delivering to a deadline. I had a senior leader above me who was very directive and very task orientated and ordered me about. My response to that was to close down. There was a sort of a crunch moment where I said, "You know, it can't continue on." And I went and had a conversation and we had this 'aha' moment about our styles and how distinctly different on either poles that they were. You know, fortunately, you know, out of all this this leader then promoted me and was one of my biggest sponsors and advocates afterwards.

[music]

MURRAY: (00:41) Welcome to my podcast. I'm Murray Wright and this is Leadership Moments, real people stories about the people and the moments that have influenced and shaped their leadership.

[music]

Hi there. Welcome to the latest episode of Leadership Moments. "We are what we eat." I'm sure we've all heard that before. In this episode I talk with Nicole McAuliffe, a fellow coach and qualified nutritionist. She explains what nutrition is, how it's different for each of us and gives some basic tips and insights that will challenge us to think about the choices we are making and how we can make a few small changes to make up a big difference and of course she shares her leadership moments and that will help you understand her passion for nutrition and health. I hope you enjoy.

So Nicole, welcome to Leadership Moments.

NICOLE: (01:35) Thank you. Good to be here.

MURRAY: (01:37) Yeah. Great to have you. You combine quite a few things. How would you describe yourself?

NICOLE: (01:42) I do and I actually say I have a portfolio career and that helps me out a great deal.

MURRAY: (01:48) Right.

NICOLE: (01:49) In my business I have a number of different hats that I wear. Largely my background has been in executive coaching and leadership development and I



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recently have added in the health and well-being space coupling my nutrition degree. So I have sort of two or three different hats depending on what day it is. Largely I'd say that's about helping people to be at their best and sometimes that is around mindset. I work with coaching side of things. Others that might be more information and that's where I might provide some leadership development and tools and for others it might be, you know, more the physical health and wellbeing and that's where I provide some of the nutrition skills.

MURRAY: (02:35) So I'm interested in the health and wellbeing today and I'd be interested... How do you find that links in with your coaching and the work you do with your clients?

NICOLE: (02:47) It's been an interesting journey that I've also been on because I have been studying while I've been running my business in the coaching and leadership space for a long time and what I've constantly been seeing is lots of very stressed and unwell human beings that are pushing things way too far and finding that their health is suffering as a consequence. I thought, you know, I've got tools and skills in this space to integrate and focus in on how they're looking after themselves and, you know, are they creating time for things such as rest, water, you know, whole foods which is the basis for life and functioning well and some of those things were falling off the edge. So some of my clients, you know, they knew what I was doing in my studies and were asking, "You know, I so need to speak to you about nutrition. I'm not having enough time to look after myself, cook, feed my family. We're all sick all the time." So I'm hearing all of those sorts of messages and started to integrate some of my knowledge into the coaching space.

MURRAY: (04:04) Right. And when you talk about nutrition, because everyone will talk about nutrition, what does it really mean? What does it cover?

NICOLE: (04:12) Looking at holistic health and wellbeing, yes, the focus is on foods and whole foods and using foods as healing. That is the philosophy and it is very much around "we are what we eat" and we can support ourselves and minimize illness and stress and so many different health issues just by feeding ourselves well. But it's more than just that. When I work with people, the treatment plan that we come up with is agreed with them very much in a coach-like space, but it's achieved through things that I can do from a habit and behavioural perspective which might be, you know, I'm going to cut down on my coffee and I'm going to work on bedtime routine and the other part could be food, basic foods I now need to integrate into my diet or leave out of my diet and if need be additional support where required which



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might mean supplementation or something additional that's going to boost them in their health. For we look at unwell people and making them well, but we think of well people and helping them to flourish by boosting the nutrient content specifically tailored to the individual to enable them to be at their best and stay healthy.

MURRAY: (05:31) I've got a piece in this as well, that people have to make a choice. Mostly they're choosing what they eat and when they eat it, etc., but I think for me there's a choice in the first instance to actually prioritize themselves and recognize they need to look after themselves to actually be able to help others and lead others.

NICOLE: (05:50) Yes. Absolutely. Absolutely. And often what will come out of them, "I think I eat well." Let's have a look at that. What your meaning of what is eating well is that having a bowl of cereal for breakfast and a ham and cheese sandwich for lunch and a bowl of pasta for dinner. Well that's actually not eating well. That's actually eating really poorly and then we would start by how do we really simply, with their... You know, working with them and their choices. One of the smallest things that I can do to make a bit of difference. So, you know, I use the coaching context to help.

MURRAY: (06:24) Yeah.

NICOLE: (06:24) In that space rather than say, "You must change your diet and eat right. Do this." And it's completely different to what they've ever done before. That's not going to work.

MURRAY: (06:33) Yeah. Right. Okay. I think it should be now to get our first question in. This whole career of coaching and now you've moved to nutrition. Who would you say has influenced you the most in your career?

NICOLE: (06:45) I think one would have to be my father who was a bit of an entrepreneur. He had his own business and he was like my cheerleader. So my greatest mentor and sponsor if you like. He, you know, showed me throughout my childhood independence and, you know, how to run business. He also had a significant health issue and quite interestingly, which was a surprise for me, he went alternative medicine first. He got some great results and great relief through what I thought as complementary medicine. So he was working with a naturopath. He started seeing an acupuncturist. He was going through all of these processes that were really supporting him in getting back to health. You know, they supported for a certain period of time and obviously I'm a strong believer of, you know, we need both western and eastern medicine to work together and be quite integrated and that enabled him to minimize the impacts and prolong his life. I was really surprised that a



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really strong man of, you know, of him straight down the line as far as, you know, his parenting and his thinking, brought outside the square and he was ready to take on new things. It sparked an interest in me, you know, what was it that he was doing that, you know, helped? And I became very curious about health and wellbeing from that point on.

I'd have to say sort of later on and more recently, you know, Dr. Libby Weaver, who is another role model of mine who is a nutritional biochemist. You may have heard of her and she has a great way of taking really technical information and synthesizing it down into really clear, easy, deliverable chunks of information. So she's probably my more recent person that has the most influence and I have all her books.

MURRAY: (08:48) There's this, which I find fascinating and it's getting more and more prevalent now, is this whole discussion around the gut and its relationship to the brain and how it influences us. What are you finding through your work?

NICOLE: (09:03) Yeah. Look, I'm talking about this a lot. We do call the gut the second brain and we do know that we have more nerves in our gut than we do in our spinal cord.

MURRAY: (09:14) Oh, wow! I didn't know that.

NICOLE: (09:16) And 95% of our serotonin, which is our happy chemical, is situated in and created in the gut.

MURRAY: (09:25) Wow!

NICOLE: (09:25) So our gut is meant to have a whole lot of nervous system connections and the brain and the gut talk to each other on a regular basis and say, "You know, this what's going on." And part of the conversation is around the microbiome and the good bacteria that are sitting in our gut and what they're telling the brain as well. And what I've... What I know with stress and adrenalin and cortisol is that it tells the gut to switch off. So it says, "We're really stressed at the moment and there's a bit of fight or flight going on. I need to run quickly." And the gut doesn't know whether that's been because you've had a really stressful meeting or you're really actually in physical danger or you've had a cup of coffee which can have the exact same effect. So they all raise cortisol and what cortisol does is, it turns off the need to digest food because it says, "I need all my blood flow and nervous system be focused



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in my brain and my limbs so I can get away quickly.” And it also, you know, as a result of slowing down that digestive system or stopping there, it changes the nature of the bacteria in the gut as well. The foods that you eat don’t get absorbed as well. They might either stay in the gut or move through really really quickly and it sets off a whole set of other processes related to hormones that interact with that and as we mentioned, the nervous system impacting there as well. So just at a very, you know, simplistic level you can see how the stress response, you know, can be picked up both in the gut and the brain and then sets the wheels in motion for shutting things down and locking things down. The way that we can minimize that is by knowing that that is a process that takes place and having some really great tools to aid... You know, there are foods that we can eat to change that and improve our microbiome, our good gut bacteria and there are also mindfulness processes that can switch ourselves out of that fight or flight nervous system back to the rest and restore nervous system which we call the SNS and the PNS, so the sympathetic nervous system. When we’re SNS dominant that’s when we’re in fight or flight mode and the parasympathetic nervous system is when we’re resting and...

MURRAY: (11:52) Rest, recovering.

NICOLE: (11:53) And recovering.

MURRAY: (11:54) Yeah. And you point out there... So there are two responses to this. One, there is how do we manage our emotions and regulate ourselves to not be captured by that stress so often and mindfulness, sleep, all that exercise is part of that?

NICOLE: (12:11) Yes.

MURRAY: (12:12) So I would imagine you need to do both. What do you do from the food side, the nutrition side? You talked about different foods, etc. What is actually going to make the change or help support the change?

NICOLE: (12:25) Absolutely. What it sets off, those processes set off is what’s called inflammation and so what we want to do is have foods that are anti-inflammatory, that reduce that inflammatory response and that’s always a really great place to start. But even before that, even though nutrition is really powerful in helping support that, simply stopping and taking five to ten really deep diaphragmatic breaths can stop and switch, move from the SNS mode to the PNS mode. So it can actually switch your whole response and brain dominance from the stress response to the rest and restore response.



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MURRAY: (13:10) So imagine eating your lunch at your computer doing emails or reading memos is not going to help with your managing your stress response.

NICOLE: (13:20) It depends on the email and what the content is. So if the emails are not sparking a really physical response then that's not so much a process. I would always say mindful eating is the best kind of eating because if we're sitting at our computer, we're not thinking about the food that we're eating and the nutrition that we're absorbing and are we really mindful about, is this going to nourish me? If the answer is 'no' I mean you can still make a choice.

MURRAY: (13:48) Yeah. I try to be mindful but there are times I just go in there and enjoy the food and I think when we set out on changing things, I believe we can't be too hard on ourselves and we still got to have a bit of pleasure and fun.

NICOLE: (14:02) That's right.

MURRAY: (14:03) As long as we can come back to the core.

NICOLE: (14:05) Right. I agree. Although there is some food and you will hear this in some of my training that are called anti-nutrients.

MURRAY: (14:12) Right.

NICOLE: (14:12) So we'll have them and it will actually deplete your body lower than where it was before you had it.

MURRAY: (14:17) What are they? Come on, tell us. Give us the bad news.

NICOLE: (14:21) You know, raw sugar is one of those.

MURRAY: (14:23) Yeah.

NICOLE: (14:23) And white bread is another one. Soft drinks is another one. So they are some of the main offenders.

MURRAY: (14:31) Okay. Great. That's not too bad for me. That's good.



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I hope you're enjoying the show. I just wanted to take a moment to remind you that you'll find great leadership questions from our guests at murraywright.com.au/leadership-questions or follow the link in the Show Notes and while you're there why not share your favorite questions?

And now, back to our guest.

Okay. Second question, Nicole. What was your or one of your 'aha' moments around leadership, when you suddenly understood what it's all about?

NICOLE: (15:04) When I was started coaching early on, I found my clients were turning around to me at the end of the session saying, "You must have ordered [?] your life." And as they would say, "All your shit sorted." And I would say, "Well let me tell you that's not the case." I said, "I'm definitely a work in progress." But I hadn't given anything of myself. I hadn't given any of my story and the connection and that was quite an important learning when a number of people would say, "Oh, you know, I wish I could be like you." "I wish this..." You know, "You must have this..." And I realized I'd set up this person, whoever they thought that I was that was, had perfection and seemed to have a whole life sorted and I hadn't given them anything... You know, not much about me in that context. So taking that sort of forward into, you know, both facilitation and running businesses and leading teams, I now understand self and have done a lot of reflection around who I am and what my story is and who are those people and events that have helped shape me as a leader and I now share that and it builds so much more connection and builds a much stronger relationship. So for me it was quite a freeing process of saying, "I'm actually okay," because it connects me with my clients. It connects me with the teams that I lead. They're more receptive to then come along with me on a journey.

MURRAY: (16:40) Yeah. I think that's really important for leaders, this vulnerability piece often talk about allowing yourself to be human. Often, we... You're pressured. You're in that position. You have to be perfect. You have to know everything. But that doesn't exist. Be real. Be authentic. Be vulnerable. And it does build connection.

So going back to the work. We've talked a bit about the concepts, the theories. Case studies now. So how have you seen the right nutrition, and again I think there are two sides to this. Adopting a different mindset and actually taking... You know, having an intent to take care of yourself and be mindful. But then it's also of course choosing the right foods, the right times, etc.



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NICOLE: (17:27) Yes.

MURRAY: (17:28) How have you seen this change people's lives?

NICOLE: (17:32) You know, I work largely with women and I have someone who is an ongoing client of mine and also another individual who I see in a corporate space and both very stressed for different reasons. One is, you know, very much workplace and what's going on there. The other one has a very chronic... in fact she's been given five months to live and she's five years into that.

MURRAY: (18:00) Wow!

NICOLE: (18:00) So in a big big responsibility around that.

MURRAY: (18:03) Yeah.

NICOLE: (18:03) So for the one in the corporate space, really low energy, feeling very fatigued, very stressed in her work environment. Very typical scenario, getting home late, too tired to cook and therefore the result was that sleep was being impacted. Relationships were being impacted and it was also being noticed at work. So, you know, a very classic stress response. Dr. Libby Weaver has an amazing book called "Rushing Woman's Syndrome" and, you know, I've sort of mentioned that to her at one stage and she's like, "Oh my goodness. That is me. You know, I wake up in the morning and I need coffee, not just I want to have a coffee."

MURRAY: (18:49) Yeah.

NICOLE: (18:49) "And then I come home at night and I need a glass of red wine to wind down." And both alcohol and coffee, when you look at how they respond to stress and one is very much a stimulant and one does, you know, sort of bring you down, but both are huge liver loaders and really drain energy and drain certain vitamins and minerals from your body as well. And one of the vitamins and minerals that's quite specific and gets depleted a lot in stress are the B vitamins. And the B vitamins all work together to release energy and release it when you need it from your body. So they help process the sugars, the complex carbohydrates and your fat to enable you to use the mindbody, if you like. And so, you know, a very simple thing to do right now is, how do we replenish the B vitamins? There are certain foods that we can start to eat and get the leafy greens and, you know, simple quality protein in your diet to boost that, but we can also start to supplement some B vitamins just to get



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you to a place where you can be more resourceful and start to even cook and change your mindset, you know, to actually begin that process of... Just something simple like that fitting into your routine that you're going to wake up, have a drink of water in the morning and have your B vitamins with whatever breakfast it is that you're having and work at substituting one of the coffees for a cup of tea. You know, green tea is much more antioxidant and low inflammatory. Just some of those simple processes and working on sleep, you know, just change the mindset so we're more able to then take on some more serious things with the diet. So that would start with things like getting all your healthy fats into diet which are mood foods. So your omega-3 is one of the biggest nervous system supportives.

MURRAY: (20:42) Wow! So just simple changes. Replacing coffee and getting some vitamin B into the diet lifts the energy.

NICOLE: (20:50) Sleep is part of that discussion as well and how you get more effective sleep. So, you know, things that are rich in magnesium, magnesium foods are nuts and seeds are really great at relaxing the body and the muscles and setting off some good sleep routines. So that was part of that picture as well. So just baseline things can make someone more constructive and you can do more work with them. They're more accepting of doing bigger changes.

MURRAY: (21:17) Yeah. I think that's a really important part that sometimes we've got this problem and the solution is huge. How to fix it. Oh my God it's so big but just breaking it down into one or two simple steps to create that initial shift then will build momentum that you can use to do the rest. Yeah.

NICOLE: (21:37) Absolutely.

MURRAY: (21:38) People listening to this, myself included, in terms of supplements that you buy in the shops, etc., there is... I think the jury is still out on the science and the research that declares whether they're effective or not. What's your view on it?

NICOLE: (21:56) What we do know is that more research absolutely is required. We do also know that there is a bit of pressure with pharmaceuticals and nutraceuticals where you've got what we call the natural derivatives and the pharmaceutical derivatives and there's competition there because people are starting to self-prescribe.

MURRAY: (22:15) Right.



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NICOLE: (22:15) There is also a big difference between practitioner brands. So what I have access to that is not on the supermarket shelf. So what's on the supermarket shelf will never... The aim is never to cause harm so it's going to be at minimal dose which means it might have minimal impact which means no impact.

MURRAY: (22:32) Right. Yeah.

NICOLE: (22:32) But we also know that on the supermarket shelf there are lots of fillers in supplements and so maybe the quality is not there. But I do hear you. I think it's very confusing because there's so much out there. So I always say, you know, check your studies. I'm always looking. If you get to Google Scholar now and actually look up some really reputable sources making sure it's either a double blind placebo tested, you know, review and you're looking at the sources and the numbers of people that have been tested. So you want really good data to be able to put your backing behind it.

MURRAY: (23:05) Yeah. Okay. Great. So third and final question is, what's your biggest failure and how does that inform your leadership today?

NICOLE: (23:16) Well there's a few and I call them learning. There's more...

MURRAY: (23:20) Learning. That's it. Nice. There's the first learning.

NICOLE: (23:24) One of my biggest ones was in the consulting space was watching and observing or perhaps not watching and observing my own stress response. So I had a large team, I was working within a bank, always delivering to a deadline. I had a senior leader above me who was very directive and very task orientated. My response to that was to close down and so therefore that would exacerbate his response.

MURRAY: (23:54) Yeah.

NICOLE: (23:55) And exacerbate my response and we got into a little bit of a spiral. And so we had two very different styles in the room and we weren't finding ways around that. And I got to a point for me where my stress levels... So I was thinking, "I feel like I'm stuck." And my stress levels were increasing. I started to just lose weight suddenly.

MURRAY: (24:19) Wow!



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NICOLE: (24:20) But I just thought, “Oh you know, that’s just because I’m busy and I’m stressed and perhaps I haven’t eaten as well as I should.” And I started to lose weight and lose weight and lose weight. There was a sort of a crunch moment wherever I said, “You know, it can’t continue on.” And I went and had a conversation and we highlighted that, you know, these patterns of behavior, when you do this, I do this. And we had this ‘aha’ moment about our styles and how distinctly different on either poles that they were. But in the meantime what I had caused is this massive stress response in my body and had caused an autoimmune process to set off in my own body.

MURRAY: (24:59) Oh wow! Yeah.

NICOLE: (25:00) Yeah. So significant illness ensued. So that was me not looking after myself and not confronting a problem when it first appeared and I guess earlier in my leadership career... So it was, you know, in my consulting days or probably about five or six years into my work career and really understanding that people do have different styles and it’s not a personal thing. It’s very much... You know, I can get perspective around style now but also to note when your body is trying to give you a message that you... It’s not always your head that will tell you things aren’t quite right, that your body, your gut for example. My gut was certainly saying, “Stop. Stop. Stop. Stop.” And I wasn’t listening and I let it go on far too long. So, you know, a really big lesson. You know, fortunately, you know, out of all this and a greater understanding that I had with this leader. This leader then promoted me and was one of my biggest sponsors and advocates afterwards. But the biggest learning was around, you know, listen to your body. It’s telling you something and you need to stop this pathway and make some changes.

MURRAY: (26:11) Yeah. Wonderful. Brilliant. Now we’ve covered a lot, a lot of technical stuff, a lot of interesting stuff. Someone is listening to this and says, “Oh my gosh! You included... I’ve got to stop my coffees and all the rest.” Where do you start? What advice would you give to people who suddenly want to be more aware of this. They want to make a few changes and understand more. What advice would you give?

NICOLE: (26:35) As you were saying earlier, it’s about the choices and choosing to pause and doing a reflection and going, “How am I today and what’s one really small step that’s going to make a big difference?” One of the simplest things we can do is try that whole five to five veg, two fruit a day.

MURRAY: (26:53) Yeah.



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NICOLE: (26:53) If we do that, and that's kind of the minimum for basic health, you would notice such a difference.

MURRAY: (26:59) Yeah.

NICOLE: (27:00) You know, eat the healthy fats. They're anti-inflammatory, so which would be about the omega-3, fish oils there as well. Nuts or seeds, they're fantastic for serotonin and feel good chemicals. For some people it's sleep and water. That's the basis. And then you just add your fruit and veggies into that. I think you're on a winning combo. We do know a couple of things that are really great out there at the moment and that's mushrooms. Really great for the immune system. And the other thing is the probiotic containing foods that help your gut respond to stress. So things like sauerkraut and kombucha and kimchi and kefir and fibre which actually feed the probiotic.

MURRAY: (27:43) I think we have to make a commitment to ourselves. It's something for me. I think about it. It's about, "Well how am I..." And you talked about it earlier, it's about being the best so I can show up at work, be the best at work but also be the best at home and... It's really understanding you can have the energy. You can flourish. You just have to make some simple choices.

NICOLE: (28:07) Yeah.

MURRAY: (28:07) And it's not such a big thing but we are allowed to have that.

NICOLE: (28:12) Absolutely. And I think that making those simple changes incrementally over time and this is... None of this is rocket science.

MURRAY: (28:20) No.

NICOLE: (28:20) And knowing that food does impact your mood and how you show up during the day I think sometimes that surprise the people.

MURRAY: (28:28) Right. Yeah. Good point.

If there was one book that you would say, if people are interested and want something to really give them more insight and I suppose motivation around this whole subject, what book would it be?



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NICOLE: (28:43) There are a couple but I do like, as I mentioned, the “Rushing Woman’s Syndrome” and is very much tailored to women because it has a whole hormonal section. And it talks through all of the biology and why things have such an impact on the body. So that’s a Dr. Libby Weaver, “Rushing Woman’s Syndrome” and it’s called “The Impact of the Never-Ending To-Do List” on your health. There’s one that’s called “The Nutrient Bible” and that’s by Henry Osiecki, really easy to read. You know, we’re now looking at certain nutrients and what they have as an impact on the body and that’s a really nice one. And the other one is called “The Nutritional Almanac” and again it’s a full resource of all the different nutrients and again just a different version of how they impact the body. I think one has more nutrient and one might have more illnesses and therefore the nutrient is attached to each of those.

MURRAY: (29:38) Great. And if people want to connect with you Nicole, they’ve heard this and they maybe want to talk to you just to get a bit more, maybe have a consultation, how would they do that?

NICOLE: (29:48) They can either go to the Create Wellbeing Group, any of my social media sites or they can email me at nicole@createwellbeinggroup.com.

MURRAY: (30:00) Okay. Great. We’ll put those in the Show Notes. And I’m not going to let you go just yet. I want to get my dollar’s worth here, my money’s worth. I’m not paying you anything but we’ll get the time from you.

I’ve been collecting leadership questions from people. So what are the one or two favorite questions you use and maybe it’s something around the nutrition. What are the powerful questions you’ve got?

NICOLE: (30:25) More broadly I’ve been looking at work around purpose and so, you know, what are the things that give you purpose and meaning? And that’s a really big question and can sometimes give you an insight as to, you know, what drives that person? What their values are?

MURRAY: (30:44) So just a question. What is it that gives you purpose and meaning?

NICOLE: (30:49) Yes.

MURRAY: (30:50) Yeah. Beautiful.

NICOLE: (30:51) And on the nutrition front very broad questions. Often, we start with,



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PODCAST TRANSCRIPT **EPISODE 33**
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you know, why now have you come to talk to me about this nutritional... what it might be the issue? You know, why's today the day that you want to start making some changes around your health and wellbeing.

MURRAY: (31:19) And what's the intent of that question?

NICOLE: (31:21) It's about the choices. So have they chosen to come today? How committed are they today to make those changes? And what's the history behind getting them to where they are today that they're seeking help and support?

MURRAY: (31:37) Yeah. It's a good one. And that can be any context. Why today?

NICOLE: (31:41) Yes. Often, we wait until we've got too many warning signs or something serious in our health before we take a step into the health and wellbeing or the nutrition sites.

MURRAY: (31:52) Yeah. And as you say that I'm thinking a lot of us can be focused on... You know, we do our exercise right. We do our mindfulness and as you say we might think our diet is okay, but really, we need to probably put in a bit more focus and depth to just managing that diet piece as part of that puzzle.

NICOLE: (32:14) Yeah.

MURRAY: (32:15) Nicole, what a great talk and some fantastic information and insights giving us lots to think about.

NICOLE: (32:23) Yeah. Absolutely. Hopefully that will set people thinking a little bit more.

MURRAY: (32:27) Yeah. I know. Great. I really appreciate your time. Thank you.

NICOLE: (32:31) Thank you.

MURRAY: (32:32) A lot of great information, insight and practical tips from Nicole. I hope that's got you thinking. If you want more information, check out the Show Notes and the links to the resources discussed. Nicole has kindly given a great information document that you can download with easy to understand science and how the gut-brain connection works, tips on what good foods can feed our good mood and even a recipe. Final question for you. What are the small changes you can make that will make a difference for you?



NICOLE MCAULIFEE
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[End of Transcription]



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