

Stories on the Rooftop
Sunday 28th January 2018
4:00-5:30pm, The Rembrandt Hotel, 11 Thurloe Place, London, SW7 2RS

Stories with Adria Wu
Following your passion: from engineering and consulting to a natural chef and entrepreneur



About Adria

Adria is the founder of [Maple & Co](#), a cafe offering a menu of cold pressed juices and smoothies, plus grain bowls and salads. Opening in the heart of Fitzrovia in March 2015, the cafe has since been featured in publications such as TimeOut, Harper's Bazaar, Women's Health, Conde Nast Traveler, The Times, The Telegraph, The Guardian and The Evening Standard.

What makes Adria's journey unique is that she started off pursuing different careers. At university, she studied Engineering before entering the corporate world working in management consultancy and finance in Canada. With a desire to change and pursue her passion in 2013, she decided to switch her office chairs with egg whites. Arriving in London, Adria came to study the Culinary Arts at Le Cordon Bleu and Nutrition at the UK College of Nutrition and Health. Adria now has two more stores in London: Maple & KING's and Maple & CNM, at the College of Naturopathic Medicine. In addition, Adria mentors underprivileged women who want to be entrepreneurs, teaches at the College of Naturopathic Medicine, writes for Men's Health and What's Cooking Magazines and presents on Channel 4's Sunday Brunch show.

Workshop Summary

During this workshop, we will learn more about Adria's journey and she will focus on the following themes:

1. Sharing the journey: living for yourself, breaking the Asian stereotype, being honest with yourself vs ego
2. Living a balanced healthy life through what we eat and how we eat
3. Starting your own business and getting into health and wellness industry