Dear <Insert your supervisor/manager’s name>,

I request permission to purchase **The Science of Workplace Wellbeing** for personal and professional growth and PD/CPE points. It is a globally recognised accredited professional development online program. The three courses offer solutions for improving mental and physical well-being and how it impacts leadership, communication, cognitive function, professional productivity, energy, and mental resilience.

A former teacher created The Science of Workplace Wellbeing for Educators and is now a nutritional medicine practitioner and international health author Michele Chevalley Hedge. She speaks on well-being at schools and organisations globally. The online PD programs have been accredited by the global CPD Standards Accreditation, which requires evidence-based research and enormous rigour.

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##### The Science of Workplace Wellbeing online PD courses

### The Impact of Improving Nutrition on Mental Resilience & Energy**Learning Objectives for this on-demand online training course:**

* Identify the relationship between diet, nutrition, mental stamina and productivity.
* Explain the significance of The Smile Trial from Deakin University and its impact on the global workforce and mental health issues.
* Understand how to identify hidden sugar in 'healthy foods’ and their impact on physical and mental energy.
* Explain the consequences of regularly consuming hidden sugar in your diet and its impact on your work performance, communication, strategic thinking, and body language.
* Create an actionable lifestyle plan with moderate behavioural modifications to maximise workplace stamina, cognitive function, and mental clarity.

### The Impact of Improving Sleep & Stress on Burnout & Productivity

### **Learning objectives for this on-demand online training course:**

* Examine how sleep impacts our mental and physical well-being to help prevent burnout.
* Understand the significance of poor sleep and how it impacts our brain and workplace productivity.
* Understand that poor sleep creates issues with our hormones.
* Describe the impact of stress on our insulin and well-being.
* Learn why improved sleep and lowering stress and its impact on the immune system and how this can reduce absenteeism and burnout.
* Develop an actionable plan to improve the quality of your sleep and stress levels to increase overall well-being with small, doable behavioural modifications.

### The Impact of Improving the Gut Biome on Mental Health & Brain Performance

### **Learning objectives for this on-demand online training course:**

* Understand current evidence and science on diet and nutrition in managing mental health disorders.
* Understand optimal mental health and cognitive function can enhance an employee's ability to perform highly capable workplace tasks.
* Knowledge of the physiological mechanisms of diet and its influence on mental and brain (cognitive) health.
* Improve practical skills and knowledge of implementing dietary changes to manage mental health, optimum brain function, and gut health.
* Identify current lifestyle behaviours and opportunities for quality improvement that can enhance your workplace well-being and high performance.

Along with receiving 6-7 PD points for my ongoing personal development, I will receive expert guidance immediately to enhance the pedagogical strategies and practices at <Insert your institution name>.

The Science of Workplace Wellbeing is renowned for its quality content and offers leading evidence-based information on health from Michele Chevalley Hedge, author, speaker, and founder of [www.ahealthyview.com](http://www.ahealthyview.com). Thousands of clients have already done A Healthy View’s course, read their books or attended one of many speaking engagements. Positive Schools, PESA, IPEN, **NSW Department of Education,** Amazon Education, Heads of Schools NSW, AIS, **Microsoft,** ProPysch, NSW Nursing Association, Mental Health at Schools, and many more.

I believe it’s key for me to educate myself on this leading-edge science of how improving my well-being will positively impact my energy, strategic thinking, creative thinking, communication, cognitive function, and more. The investment is only $159.00 for all three courses and $59.00 for one course, or you may be interested in acquiring a license for our school, which can be done within 48 hours of an email to michele@ahealthyview.com.

I appreciate your consideration.

Kind Regards,

<Insert your name>

*“Mental Health, emotional well-being and clarity of thinking are in my view all enhanced by a low sugar lifestyle.  As a family, we’ve kicked the habit (not hard) and its awesome!   The science is all moving in this direction. For our own sake and the sake of future generations we need to address the “sugar” epidemic in all its manifestations. Michele and her team know what they’re about and practise what they preach. Bravo!”****Peter Joseph, AM, Chairman, Black Dog Institute****.* ***Former Chairman of St Vincent’s and Mater Health, Sydney and St Ignatius College***

*“Michele Chevalley Hedge has the ability to take some of the latest evidence-based information around nutrition and its relationship to mental health and translate this to families, schools, and corporates.   Her passion and knowledge allow Michele to share serious health topics in a way that is accessible to all audiences. We as educators, researchers and speakers need to share these messages wide and far for the sake of our health and that of our children and adolescents.”****Associate Professor Felice Jacka President, International Society for Nutritional Psychiatry, Honorary Principal Research Fellow, Centre for Adolescent Health, Murdoch Children's Research Institute
Department of Psychiatry, University of Melbourne***

*"I have had the pleasure of hearing Michelle Chevalley Hedge speak on many occasions. Her energy, humour and knowledge are unrivalled in the field of nutrition in Australia. She is simply a phenomenal communicator - I would unhesitatingly recommend her to anyone looking for a smash hit speaker at their conference.”*

***Dr. Michael Carr-Gregg, psychologist, author, and broadcaster***

*“The wise and wonderful Michele Chevalley Hedge presented an entertaining and informative keynote presentation at Positive Schools Asia, in Hong Kong. The 400 plus audience of teachers and school leaders showed their appreciation with enthusiastic feedback. They rated Michele’s presentation highly for both content and engagement. There is no doubt that our diet shapes us physically, socially and emotionally."****Dr Helen Street****,****Positive Schools founder and chair***

*“Michele presented a wonderfully informative and engaging workshop to our staff informing us of the evidence-based research about what is happening not only to our physical body but to our mental body. The focus was not only on staff wellbeing but directly linked to student wellbeing and learning as well. The overwhelming feeling from the staff is that it was one of the best PD presentations they had heard.”****Cameron Paterson******Director of Learning & Teaching. SHORE School, Sydney Church of Grammar School North Sydney***

*“Students at Wenona have had the pleasure of learning from Michele Chevalley Hedge about good nutrition and making wise lifestyle choices. Presented in a respectful and thoughtful manner, the nutrition sessions by Ms Chevalley Hedge are fun, lively and informative. The sessions are not overly analytical, but they are based on information rather than folklore, and this enables our girls to modify what they eat, how much exercise they take, and how much sleep they get, according to their circumstances.”****Dr Briony Scott Principal – Wenona School, North Sydney***

*“I approached Michele Chevalley Hedge at A Healthy View after watching her speak at several other educational events earlier in the year and I hoped she would be available to address the delegates at The School Nurses Association of NSW 17th Annual Conference.. I was not disappointed and neither were the 150 nurse delegates at the conference as they listened to Michele educate them regarding maintaining their own health and energy levels through a healthy balanced diet in order to look after the physical and mental health needs of the students in schools in which they work. She inspired us with her motivation and encouraged all to make healthy choices and project this message to the students in our care. Nurses commented that Michele was invigorating and encouraging. Her presentation was entertaining and interesting providing useful strategies for delegates and those* under their care.”
***Britta Crozier, President, School Nurses Association of NSW***