

## Michele Chevalley Hedge- Bio

Many wellness practitioners may be stepping into the space of health and food. Still, not many nutritionists come from busy corporate backgrounds with formal professional speaking experience.

Michele Chevalley Hedge, nutritional medicine practitioner and health author, was previously a marketing manager at Microsoft. She truly understands the needs of time-poor corporate executives who, family or not, want health but not hassle. She is often introduced as "the modern-day nutritionist – the one who likes a bit of wine and coffee." Michele has recently completed her formal education in Positive Psychology which fuses nicely into her well-being presentation.



### Current Work

Michele's passion is delivering well-being, keynotes, workshops, and webinars to organisations globally. Michele is an enthusiastic, good-humoured, evidence-based presenter with a unique Australian New York accent. Her winning speaker power is engaging the audience in "ahhhh ha- that is me! moments." Not only does she exude passion and educate on the latest evidence-based research and trends, but it is imperative, according to Michele, that each engagement ends with realistic takeaways that they can begin immediately. You won't find extremes with Michele you will not hear 'pseudo-science' – you will find an inspiring human with a toolkit full of ideas to improve brain function, energy, mental well-being, immune system, energy, sleep, productivity, and more.

Michele works with many international corporations and schools – Amazon, Virgin Airlines, Westpac, CBA, ANZ, HSBC, Apple, Dropbox, Dexus, News.com, Financial Planning Association, CEW, Eucalyptus, AMP, Accenture, Dexus, Woolworths, Bankers Trust, Business Chicks, JLL, Carroll & O'Dea Lawyers, Herbert Smith, Freehills, ACCOR, Westfield, Department of Defence, Australian Police Force, Tourism Portfolio, Heart Research Australia, and more. She is the keynote speaker for the Heads of Schools of Australia, PESA, and the Positive Schools Conference in Hong Kong and in the USA.

Michele is Cure Cancer Ambassador and Heart Research Institute Ambassador. The Dalai Lama introduced her at a conference where she presented on 'Vitality, Energy and Serotonin - It's all in Your Food'. Mental health and nutrition research is her passion and has been nominated for Australia Mental Health Awards Finals three years in a row. She also was recently was hand selected for Sir Richard Branson's Leadership Summit at his home on Necker Island.

Michele loves to write and has published three books along with her blog and social media.

- Beating Sugar Addictions for Dummies, Wiley Publishing
- The Healthy Hormone Diet, Pan Macmillan
- Eat, Drink & Still Shrink... a joyful guide for the busy person, Pan Macmillan.

Michele also writes for Body & Soul, SMH, News.com Good Health, Prevention, Wellbeing, Clean Eating, Cosmo, Women's Weekly, Mind Food and many more. And when Michele isn't writing or running her clinical practice, she is delivering wellbeing keynotes or even chatting away on The Sunrise Show and Today show.

Passionate, authentic, and knowledgeable, Michele has several degrees and is a Nutritional Medicine and is a member of the Australian Traditional Medicine Society. Michele is an educator, storyteller, and passionate researcher.

For more information, see [www.ahhealthyview.com](http://www.ahhealthyview.com) or call Michele on 0403606225.

Keynotes, Masterclasses, Workshops & Well-binars:

### - **Lifestyle of Leaders**

Successful leaders understand that leadership in any form is not an event, it's a process. The most successful leaders understand that success is cultivated, tweaked, and begins with their own physical and mental health. Quality leaders have daily commitments to their wellbeing, which are nourishing, not punishing. To stand out as a leader, you must create the habits that back your success, communication skills, cognitive function, energy, and good reputation. Once these habits become a part of your daily routine, you set yourself up to be well on your way to becoming the leader of your own success and helping others to achieve theirs. Join Michele Chevalley Hedge, nutritional medicine practitioner, international author for an evidence-based, yet humorous presentation on wellbeing. This presentation was the very talk that led Michele to be a guest at Richard Branson's home on Necker Island with 20 global leaders, The Leadership Summit, in February this year.

### - **MoodFood- How diet affects Mental Health & Wellbeing**

Do you know anyone who goes from gorgeous to grumpy in one meal? Energised to Brain Fogged? Communitive and a team player to silent and introverted? Mood disorders and poor brain fitness, to the more serious anxiety and depression, are surrounding us. They may be quiet, always scary, and often caused by things we cannot control, genetics, a virus, childhood trauma, and more. But now with recent evidence-based research we know that food can play a part in our current mental wellbeing crisis. We want to be productive, energised, and have top mental fitness in our careers and when we get home, our families. Michele Chevalley Hedge, nutritionist and Australia Mental Health Finalist, will share her evidence-based research on nutrition, mental health, wellbeing, and its connection to food. Mental health is a serious topic; Michele delivers it lightly with achievable take-home messages.

Michele has been nominated and a finalist for Australia Mental Health Awards in 2016 and 2017.

### - **The Itsy Bitsy Habits of Wellbeing & Mental Resilience**

People change best by feeling good, not feeling bad. If we consistently can do a habit without pain or bother, we have found the way to cement micro-steps that improve vitality, energy, sleep, mental resilience and more. Successful people keep their wellbeing personal tool kit simple and do-able and always begin with small steps. In these uncertain times, there are so many things we cannot control but the one thing we can control is how we nourish ourselves. How we nourish ourselves has the immediate knock-on effect on all the things we truly value- our mental, physical and emotional health.

## **Wellness Series: Nutrition & Wellbeing**

Well-binars include but are not limited to:

### **Webinar 1: Health Equity, The New Economy**

The evidence and research on how we nourish ourselves and how it affects our immune system and overall wellbeing has always been important especially when we are under stress or in challenging times. There has never been a time that we need to complete wellbeing as we transition into new work environments, from home or the office.

This webinar will:

A vibrant brain and healthy body are without the new form of wealth – so how do you grow yours? The evidence and research on how we nourish ourselves and how it affects our immune system, motivation, mental health, and mental resilience has always been important, especially when we are under stress, or in challenging times. There has never been a time that we need complete wellbeing more than now, as we and organisations value high performers who function with abundant energy and brain clarity.

- Discover what we can add into your daily nutrition to improve your mental wellbeing. Yes, – ADD IN, not take away—nourishment not punishment.
- Understand the four S – Sugar, Sleep, Stress and Supplements – what should be your wellness prevention, and personal performance optimisation toolkit.

- Provide the latest research on foods that impact your mental health as well as brain cognitive functions.
- Focus on your “new normal” and how to navigate fridge addictions ;-), erratic eating, and how to prevent the ‘WFH spread’. Increase energy, productivity, and mental clarity.
- Create an optimum day in the life of you – a plan with tiny hacks that lead to a lifetime of habits.
- Warning! This Nutritionist likes a bit of coffee and chocolate.

### **Webinar 2: Sleep Your Way to Mental Resilience & Brain Power**

We need to be nimble, fast learners, self-motivated, self-aware, and creative but we cannot do this without good quality sleep. More than 46% of Australians get under 6 hours per night. Why are we all tired but wired?

This webinar will:

- Understand why your brain and mental fitness need sleep, how much for peak cognitive thinking.
- Discuss what we need to eliminate from our diets to activate deep REM sleep.
- Discuss what we must include to calm our sympathetic nervous system for optimum sleep.
- Provide evidence-based nourishing, healthy, lean body foods, and evidence-based researched supplements

### **Webinar 3: Your Gut, Your Brain, and Your Mind for High Performance**

Most of us have heard of the Gut-Brain connection. We will delve into this, and anxiety and depression, and how to minimise risk factors. We will discuss the brainpower. What we feed our gut is imperative for our invisible wellness bubble from our brain to our immune system.

This webinar will:

- Provide you with 5 simple food strategies to minimise the anxiety that are medically researched
- Discuss what we may need to do to clean up the past 10 years of gut rubbish.
- Provide practical tips on daily probiotic and prebiotic foods and supplements.
- Disclose evidence-based medical research on cognitive improvement and mental resilience.

Check out her showreel here. <https://ahealthyview.com/programs/corporate-speaking/>





