

# Wellness Webinars & Live Speaking Engagements

"A school can build resilient children, a school can provide excellent academic teachers, and your school has the ability to create leaders, creative thinkers and athletes; however it is impossible to do any of that without underpinning young adults with good nutrition which supports all aspects of their health...their physical body, mental awareness and emotional wellbeing."

– **Michele Chevalley Hedge**

**Michele Chevalley Hedge, qualified nutritionist, international wellbeing author, Cure Cancer Ambassador, Mental Health Advocate Australia, and media personality, will inspire and intrigue you with tips to improve your physical & mental wellbeing, energy, vitality and immune system.**

This series is educational and interactive, and most of all – not extreme. Michele will deliver realistic takeaways that are evidence based, serious wellbeing topics in a light-hearted fashion.

"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**



Book now. Simply email...



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**A Healthy View™**



# At a glance

- 3 Wellness Presentations
- Evidence Based Strategies

**Customised webinar or live presentation series over 3 - 6 months, with one or all three of our current trending topics. Or craft your own for your school, students, staff or parent community.**

**Highly engaging, interactive, with Q & A.**

The webinars are also available as a download so that your attendees can view within 30 days.

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**A Healthy View™**



*Presentation 1:*  
Flourishing and  
Nourishing  
in a Changed World



*Presentation 2:*  
Sleep Your Way to  
Mental Resilience &  
Brain Power.



**THE GUT-BRAIN CONNECTION**

*Presentation 3:*  
Your Gut & Your Mind  
– For High Performance



## Presentation 1:

# Flourishing and Nourishing in a Changed World



Join Michele Chevalley Hedge, Nutritionist, in her Wellness series to help you improve your mental wellbeing, energy, vitality and immune system.



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**Michele is an international author and presenter to corporates & schools, and education is her passion. Michele's vision is to educate, inspire, and connect your teachers, students, and parent communities with the science of wellbeing. It is time to look up, look out and flourish.**

**As a former teacher, Michele is aware of how educators are often experts at nourishing the world but overlooking themselves. As a mother, Michele is far too aware of the impact of food on students' mental resilience and physical energy. Michele has combined her nutritional medicine studies with her formal Positive Psychology Diploma to craft an enjoyable and informative program for teachers, staff, parents and/or students.**

### **This webinar will discuss:**

- ❖ How food impacts everything... the brain, the skin, the body, the mood!
- ❖ What foods work for you and how do you know what foods don't.
- ❖ Tasty healthy breakfast, lunch and snack ideas
- ❖ Three key points on reading a label
- ❖ Importance of Balance: Study, sleep, exercise, friends, and sunshine
- ❖ EAT, Think, Move



## Presentation 2:

# Sleep your way to Mental Resilience & Brain Power



Join Michele Chevalley Hedge, Nutritionist, in her Wellness series to help you improve your mental wellbeing, energy, vitality and immune system.



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**We need to be nimble, fast learners, self-motivated, self-aware and creative, but we can not do this without good quality sleep. More than 46% of Australians are getting less than 6 hours per night. Why are we all tired but wired? Why does proper sleep improve your ability to exercise and to eat better?**

### **This webinar will:**

- ❖ Understand why your brain and mental fitness needs sleep, and how much for peak cognitive thinking.
- ❖ Discuss what we need to eliminate in our diets to activate deep sleep and activate deep sleep and improve neuroplasticity and areas of our hippocampus.
- ❖ Discuss what we need to include to calm our sympathetic nervous system for optimum sleep.
- ❖ Provide evidence-based and researched nourishing, healthy, lean body foods & supplements.



Presentation 3:

# Your Gut & Your Mind — For High Performance



Join Michele Chevalley Hedge, Nutritionist, in her Wellness series to help you improve your mental wellbeing, energy, vitality and immune system.



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**Most of us have heard of the Gut – Brain connection. We will delve into this area of mental wellbeing, anxiety, depression and mood disorders, and how to minimise risk factors. We will discuss brain power and how 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, that are medically researched, to minimise anxiety.
- ❖ Discuss what we may need to do to clean up the past ten years of gut rubbish.
- ❖ Provide practical tips on daily probiotic and prebiotic foods, as well as provide tips on supplements, prebiotics and the newly emerging “post-biotic” foods.
- ❖ Disclose evidence-based medical research on cognitive improvement and mental resilience.



# Wellbeing Investment

Your wellbeing investment includes a complimentary online program for the audience.

**Low Sugar Lifestyle** – 28 day online nutrition & wellbeing program. This is a complimentary value add to make your wellbeing “sticky”.

## Testimonials

“Mental health, emotional wellbeing 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 it’s 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 alike. Her passion and knowledge allows 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 far and wide, for the sake of our health and that of our children and adolescents.”

– **Associate Professor Felice Jacka, President of International Society for Nutritional Psychiatry, Honorary Principal Research Fellow Centre for Adolescent Health, Murdoch Children’s Research Institute, Department of Psychiatry, University of Melbourne**

“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. It is time the developed world took note. Michele is a pleasure to work with and delivers an important message that needs to be heard.”

– **Dr Helen Street, Positive Schools Founder and Chair**



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