

Susie Burrell
Nutritionist and wellness speaker

While there are many speakers on nutrition, fitness, performance and productivity, few have the specialised knowledge and experience of Susie Burrell.

Susie is one of Australia's most respected dietitians and is able to develop and deliver a range of individually targeted presentations for corporations, events and expos. With her background in both nutrition and psychology, Susie is able to speak on a wide range of topics including fat loss, positive psychology, behavioural change coaching, health and nutrition and wellbeing.

Susie's keynote presentations range from 30 to 90 minutes and include:

- 1) Losing the last 5kg
- 2) Feel well, look well, and perform well
- 3) Your food, your body, your life
- 4) Mixing good food with good health
- 5) Eating for optimal energy

1) Losing the last 5kg

Do you feel as if you eat well and exercise and yet nothing ever changes with your weight? Then you need to know the tricks that will help you to get rid of those extra kilos, once and for all. Learn how to:

- Detox safely
- Break free from a weight loss plateau.
- Manage sugar cravings.
- Take control of your weight, for good.

2) Feel well, look well and perform well

Away from diets and weight loss, getting the right nutritional balance is ultimately what determines how we feel on a day to day basis. For many of us juggling busy schedules we need to know:

- 1) What we need to eat and when.
- 2) How to manage emotional eating.
- 3) How to make sure we are at our best on a daily basis.

This easy to digest talk will show you exactly what steps you need to take to move you towards these goals each and every day.

3) Your Food, Your Body, Your Life

Health and happiness are intrinsically related and yet we are often very quick to cut corners with our health. Become empowered to:

- 1) Take control of your food and your weight.
- 2) Learn how to care for your body within your busy life.
- 3) Take the steps to move towards the life that will bring you joy and happiness.

4) Mixing good food with good health

How do you balance good food and good health in a world filled with food?

Learn the tricks of the trade that will help you to:

- 1) Manage your cholesterol, blood pressure and weight.
- 2) Learn how to prevent diabetes.
- 3) Understand why we gain weight as we get older and how to prevent it.
- 4) Be able to enjoy your favourite foods without the negative health consequences.

5) Eating for optimal energy

Who does not want more energy? To feel good each and every day no matter how busy your schedule and work and family demands. The good news is all you need to understand is:

- 1) The factors that affect your energy levels.
- 2) How to manage your blood glucose levels.
- 3) How to use stimulants the right way.
- 4) The best foods for your brain.
- 5) How to nurture your body on a daily basis and keep it at its best.

Some of Susie's past presentations have been made to:

- Cemex Australia
- The Australia Health & Fitness Expo
- WA School Canteen Association
- General Practitioners Conference and Exhibition
- The Reserve Bank of Australia
- The Corporate PA Summit
- Yum Brands (KFC)

Testimonials

"We had the very good fortune to have Susie Burrell address our National Conference where she talked about wellness and the importance of work/ life balance.

Delivered with enthusiasm, humour and a talent for connecting with an audience of various ages resulted in her achieving a rating of outstanding.

Susie tailored her session directly to our needs and took the time to understand our business. Simply she was great and I would highly recommend her."

Bruce Thompson

General Manager Sales and Marketing – Concrete, **CEMEX Australia**

"In 2010, Susie presented at four ThinkTank Media events to audiences of professional women throughout the country. Susie's presentations have been one of the true highlights of the events, with her compelling mix of real-life examples, genuine tips for healthier living and sense of humour. Every presentation has been met with rave reviews from attendees, most of whom were frantically taking notes throughout. Comments such as 'I could listen to Susie all day' and 'Susie's presentation just changed my life, I'm never eating Tim Tams again!' were common from attendees. If you're after a speaker with real substance and the potential to change people's outlook on food and life in general, I could not recommend Susie highly enough"

James Matthews

Director, **ThinkTank Media Pty Ltd**