

THEA O'CONNOR

MOTIVATIONAL WELLBEING SPEAKER

Thea helps your employees take care of themselves, so they can take care of your business.

TEDx Speaker, Thea O'Connor is a wellbeing expert who has pioneered a range of ground breaking approaches to health and wellbeing in clinical and workplace settings. Her cutting edge content, depth of experience and fresh take on wellbeing, will leave you inspired and equipped to (finally) take care of your body like never before.

Her audiences consistently say she is

"Inspiring"

"Entertaining"

"Professional"

"Natural"



BODY INTELLIGENCE FOR BUSINESS

Unleash the energy contained within your greatest untapped organisational resource - the human body - and enjoy a healthier, smarter workforce.

Sixty eight per cent of Australians do not care for their bodies' most basic needs of sufficient exercise, sleep and eating enough vegetables. This means at least two thirds of your people will be operating well below their full capacity. It doesn't matter how great your culture or employee rewards, your people will never reach their full potential if they don't possess body intelligence to correct this fundamental gap.

- Understand how body intelligence (BQ) can give you and your organisation a competitive edge in the age of AI.
- Reduce the risk of burnout by building your people's body intelligence so they can read their bodies' *early* signs of stress and fatigue.
- Teach your people how they can sustain their energy, even in the face of high demand, by prioritising their health and wellbeing no matter what.
- Generate energised, cohesive teams, by inspiring your people to shape 'body-smart' ways of working together.
- Show leaders and managers how to retain staff through creating a culture of wellbeing.