

THEA O'CONNOR

MOTIVATIONAL WELLBEING SPEAKER



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

KEYNOTE

**BODY INTELLIGENCE
FOR BUSINESS**

▶ [View her Speaker Reel](#)

KEYNOTE FOR WOMEN'S EVENT

**WELLBEING FOR
FEMALE LEADERS**

▶ [View her TEDx talk](#)

WWW.THEASPEAKS.COM

BQ

the
forgotten
intelligence?

WITH

Thea O'Connor

Wellbeing & Productivity Advisor, Speaker, Coach

KEYNOTE

BODY INTELLIGENCE = BUSINESS INTELLIGENCE

Unlock the most powerful productivity and engagement tool available – a healthy body and mind.

- **Are you concerned about increasing levels of exhaustion and burnout amongst your people?**
- **Do you want to boost the physical and mental vitality of your workforce?**
- **Are you keen to help retain your staff by creating a culture of wellbeing?**

The greatest untapped resource in your organisation today is not another app or AI tool, but the human body. Despite the incredible capacity of the body, the culture in most organisations has smart people doing dumb things when it comes to their bodies. Add the impacts of insufficient sleep or poor nutrition and you have a whopping drain on the energy available to your people to do their work.

FACT: 73% of adults do not get sufficient exercise.

FACT: Thirty minutes of daily exercise boosts productivity by 30%.

That's a massive productivity deficit you can't afford to ignore.

In the age of AI your competitive edge will come from the vitality of your people. And that vitality depends on the state of their bodies.

In this keynote Thea points to a widespread deficiency in B.I. - body intelligence, as the cause of the problem. She shows you how you can correct this by inserting her easy 3-step, BQ code into your day, enabling your people to bring more energy and smarts to their work.

KEY TAKEAWAYS

- Understand how body intelligence (BQ) can give you and your organisation a competitive edge in the age of AI.
- Boost energy and reduce health risks by motivating your people to take care of their bodies like never before, even when the pressure is on.
- Stave off burnout by building your people's body intelligence so they get better at reading their bodies and acting on the early signs of stress and fatigue.
- Create energised, cohesive teams by inspiring your people to adopt 'body-smart' ways of working, together.



BQ KEYNOTE THEMES AND TAKEAWAYS

THE STATE OF THE HUMAN BODY

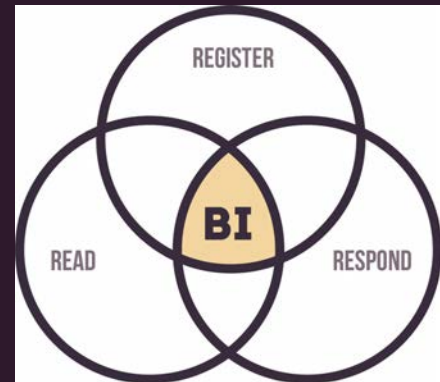
If the human body were an animal it would be listed as an endangered species - the majority of people in first world countries suffer from chronic disease and/or unhealthy habits. For example 92% of the population do not eat enough vegetables. We freak out about putting the wrong fuel in our cars but consciously do so to our bodies every day. And then we wonder why our bodies don't run so well. Stressed anyone? Tired? Unmotivated? With 80% of performance issues being wellbeing related, it's time to take stock and review how we treat our bodies.

WHY BODY INTELLIGENCE MATTERS MORE THAN ARTIFICIAL INTELLIGENCE

There is no app that comes anywhere near what the human body can do. Yet we persist in getting starry eyed about artificial intelligence, while failing to register the intelligence of the body and what it's truly capable of. Don't be fooled - it's not going to be AI that will give your organisation a competitive edge - it's readily available and adoption is already widespread. It'll be the health and vitality of your people who have the energy to treat your customers with a smile, that'll set you apart from the pack.

HOW TO MAKE SMART HEALTH CHOICES, EVEN WHEN UNDER THE PUMP

Have you noticed that during times of high workplace demand, physical and mental health issues tend to spike? This is partly due to a human tendency to adopt 'maladaptive' [read 'not so smart'] strategies to cope with stress - eat more, move less and over-rely on socially acceptable uppers and downers (caffeine and alcohol) to get you through the day. It doesn't have to be this way. Thea's B.I. Code [Register, Read, Respond] teaches your people how to work *with* the body, rather than against it, protecting health, happiness and work performance, even when under the pump.



BEAT BURNOUT

Burnout is a top concern of workplaces around the world. This is understandable in the light of recent global events - but external events are not the sole cause of employee exhaustion. It's also due to the innate human tendency to override the body and its early warning signs and only make change when the health crisis strikes. Learn the foundational skill of body intelligence which is to pick up the *early* warning signs, so you can respond sooner rather than later, reducing the risk of burnout.

MAKE WELLBEING CONTAGIOUS

Having trouble keeping your teams engaged and connected? Remote and hybrid work are making this harder than ever before. Disengaged staff often look outside for a better offer and low wellbeing is the #1 motivating reason for seeking a new role. Team Wellbeing might just be the glue you need to bring your teams together and keep them. Learn how to inspire your teams with fun and practical ways to create body-smart ways of working, together.



KEYNOTE FOR WOMEN'S EVENT

WELLBEING FOR FEMALE LEADERS

Close the gender wellbeing gap for female leaders and see more women step up, and stay up.

Despite significant improvements in gender equality in the workplace, there are still far fewer women than men in senior leadership roles, especially in the private sector. Is the struggle to maintain their health and wellbeing one of the (many) barriers? Especially during midlife when menopause and career aspirations can collide?

Recent Australian data shows that female leaders are more likely than male leaders to report significantly lower overall wellbeing, personal wellbeing, work wellbeing and life satisfaction.

▶ [Watch Thea's TEDx talk here](#)

This keynote will help your organisation understand how they can attract and retain more female leaders, and equip women to protect their health and vitality and so fulfil their career aspirations.

KEY TAKEAWAYS

Be clear about the facts: What does the science say about the impact of wellbeing on critical leadership capabilities, and the current wellbeing gender-gap for female leaders?

Be on the front foot: be equipped with education about the physiological changes all women will experience from the late 30s on and how they can support themselves.

Break out of the social conditioning that STILL has women looking after others' wellbeing before their own!

Learn some smart moves that will strengthen women's wellbeing, and protect their careers during their leadership and midlife years.

ALSO ENQUIRE ABOUT 'LEADING FOR WELLBEING' FOR ALL GENDERS

In the last few years employee wellbeing has become a top priority for many organisations. Leaders know they should be caring for their people, but often don't know exactly how they should be doing this. What's more, recent surveys show that 40% of leaders rate themselves as "struggling", "languishing" or "unwell." People leaders therefore need to know how to create a culture of wellbeing to retain staff, and also take care of themselves. Role-modelling healthy, body-smart behaviours is one powerful way of doing both.



“Fantastic speaker and great motivator.”

- Accountant, CPA National Congress attendee, Melbourne

“It was a wonderful journey you took us on today. Really insightful!”

- Benefits Specialist, Gartner

CLIENTS & TESTIMONIALS

Thea’s audiences consistently say she is

“Inspiring” “Entertaining” “Professional” “Natural”

“Thea’s presentation was outstanding as evidenced by the audience response. She delivered exactly what we required – serious issues presented in a relaxed, witty, thought provoking and persuasive style. Numerous Conference delegates have expressed that your presentation was the highlight of the conference.”

- Debbie Simms, Manager, Sports Ethics, Australian Sports Commission

“Thanks a ton for the amazing session today! It would be an understatement to say ‘it was well received’ I’m still getting so many reactions from our associates, they really saw the value in it.”

- Benefits Analyst, Gartner

“The fabulous feedback received for Thea's presentations reflects her exceptional ability as a speaker. Thea proved to be a great asset to the Positive Schools conferences. Her ideas are always delivered in an engaging and compelling way.”

- Neil Porter, Chair, Positive Schools Initiative, The Positive Schools Conferences & The Positive Times.

“Engaging and interactive, Thea’s sessions consistently receive outstanding feedback. I have been particularly impressed with the extent to which Thea researches the context and background of those she is presenting to so that her key messages really land. I can highly recommend her.”

- Dr. Rebecca Barlow, Alfred Deakin Institute for Citizenship and Globalisation, Deakin University

“Thea is one of the most accomplished MCs I have come across. Being part of the founding team members of the first Startup Grind chapter powered by GoogleAlways in regional Australia, Thea was always well prepared to welcome world calibre speakers on stage. One of her talents is her ability to prime the audience and set the right vibe to make the event a success. I would highly recommend Thea to anyone wanting to engage her services.”

- Tony Rothacker, Chapter Director, Start Up Grind Coffs Coast and Manager of the Innovation Hub, Coffs Harbour.





ABOUT THEA

Thea is a health and wellbeing expert who has pioneered ground-breaking approaches to health in clinical, public health and workplace settings.

Throughout her career, Thea has been at the forefront of changing personal and cultural mindsets for the sake of our wellbeing.

- She helped change public health messages about weight management to prevent stigmatisation of larger people, well before diversity and inclusion was 'a thing'.
- As a Naptivist she works to make the power nap the new coffee break to protect our personal sustainability.
- Thea broke new ground by bringing awareness about menopause to Australian workplaces (well before they were ready) so that women don't have to suffer in silence or press pause on their careers.

Thea is also a TEDx speaker, qualified health professional (dietitian), science graduate and winner of Adelaide University's Prize in Genetics. You can rest assured, therefore, that all her work is evidence-based.

WHY WORK WITH THEA?

✓ GREAT TO WORK WITH

Easy, responsive, responsible. No prima donnas around here!

✓ ARRIVES EARLY

So you don't have to worry if she is going to arrive on time.

✓ STAYS LATE

So she can chat with delegates after her presentation – which is when the best conversations take place.

✓ TAILORED KEYNOTES

Thea interviews organisers and representative delegates beforehand so she can really get into your world and craft the best Keynote for you.

✓ LIVE MEDIA

Thea is very experienced with television and radio and is happy to be put forward for interviews to promote your event.

✓ SOCIAL MEDIA

Thea will happily help get the word out via her social media accounts.

✓ PR COLLATERAL

Thea will happily help get the word out via her social media accounts.

✓ EXPERIENCED

Thea has been on big stages for 15+ years so you can relax knowing she will deliver. Even if the AV bombs.

✓ ENGAGEMENT

She will work with you to maximise engagement during and after the event.

✓ PRACTICAL TOOLS

Thea provides practical tools to help the audience embed key takeaways.

CONTACT DETAILS

Thea O'Connor - 0412 190 860
enquiries@thea.com.au



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Ask Thea for a blog you can use to promote the themes of your conference.

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40%

insufficient
sleep

60%

30 min moderate
physical activity

96%

do not eat 5 serves
vegetables

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