

OUTSMART THE ELEPHANT – How to Live a Healthy Life

Learn how to make health and fitness an everyday part of your life by getting your emotional and sometimes irrational right brain working in harmony with your factual, rational left brain.

This presentation will provide participants with some great practical tools on how to eat healthy and exercise on a regular basis.

Research has proven that people who are fit and healthy are more resilient, have superior productivity, less burnout, less sick days and people want to be in their company. Does this sound like someone you would like on your team!

This presentation will provide people with the following:

- Why exercise and eating healthy is crucial to happiness and success
- What sort of exercise should be incorporated into everyday life
- Why sitting down is a high risk activity
- What constitutes healthy eating
- Why is it so hard to exercise and eat healthy and how to move from knowing what to do, to actually doing it!



How long: 60 or 90 minutes

How to book : Call Claire Massingham on 0406 393 845 or email Claire@happinessbank.com.au

PRAISE

- What a valuable session Claire. I always knew what I should do but I just couldn't put it into action. Now I have some practical tools to help me. Can't wait to try them out – Debbie Haddock
- I loved the elephant and rider analogy. I could so relate to it and now I know what to do when the elephant comes charging in to sabotage my efforts – John Langley
- Thank you for such an inspiring and engaging talk. I didn't think I was going to hear anything new but how wrong I was. Everyone tells you what you should be doing but no one tells you how to do it. You hit the nail on the head and now I feel more equipped to give it another go – Siobhan Lester



About Claire Massingham

My goal is to add *colour* to your workplace by giving your people the tools that they can immediately use to help them live a healthier and happier life. This means they will have:

- Superior productivity
- More resilience
- Less burnout
- Less turnover
- Greater sales

Happiness equals success.

I'm here to guide your people to happiness so they are in the best possible position to give 100% at work.

I have been working with people for over 24 years to help them live healthier and happier lives. I have the following qualifications:

- Certificate in the Science of Happiness
- Degree in Human Movement Science
- Graduate Certificate in Adult Education
- Certified Herrmann Practitioner (Whole Brain® Thinking)
- Cert IV in Training and Assessment
- Cert IV in Personal Training

Not only have I worked in the health and fitness arena but I have also worked extensively in the corporate world as an Executive Assistant to senior leaders in organisations such as Australian University Sport, Proteus Leadership Centres, Goodlife Health Clubs, Cancer Council Queensland and Diabetes Queensland.

I am a *highly energetic, authentic and passionate* presenter.

My passion for health and happiness radiates a strong energy and engages people right from the start. My ability to speak the truth knowing that it is never about me but what I can give to my audience guarantees a unique authentic presentation that leaves people feeling that I spoke directly to them.

Some of my speaking engagements include Flight Centre, PoliceLink, Great8 Education, Diabetes Queensland, Podiatry Hive, Autism Queensland, CPA Australia, Therapy, Nurses and Teacher's Conference, Woody Point Special School, Work Smart Conference, John Wiley and Associates just to name a few.

Be happy, colour the world – Claire