

CORPORATE WELLBEING WORKSHOPS

PRESENTED BY

Desiree

TAYLOR

CERTIFIED HOLISTIC
HEALTH COACH |
SPEAKER |

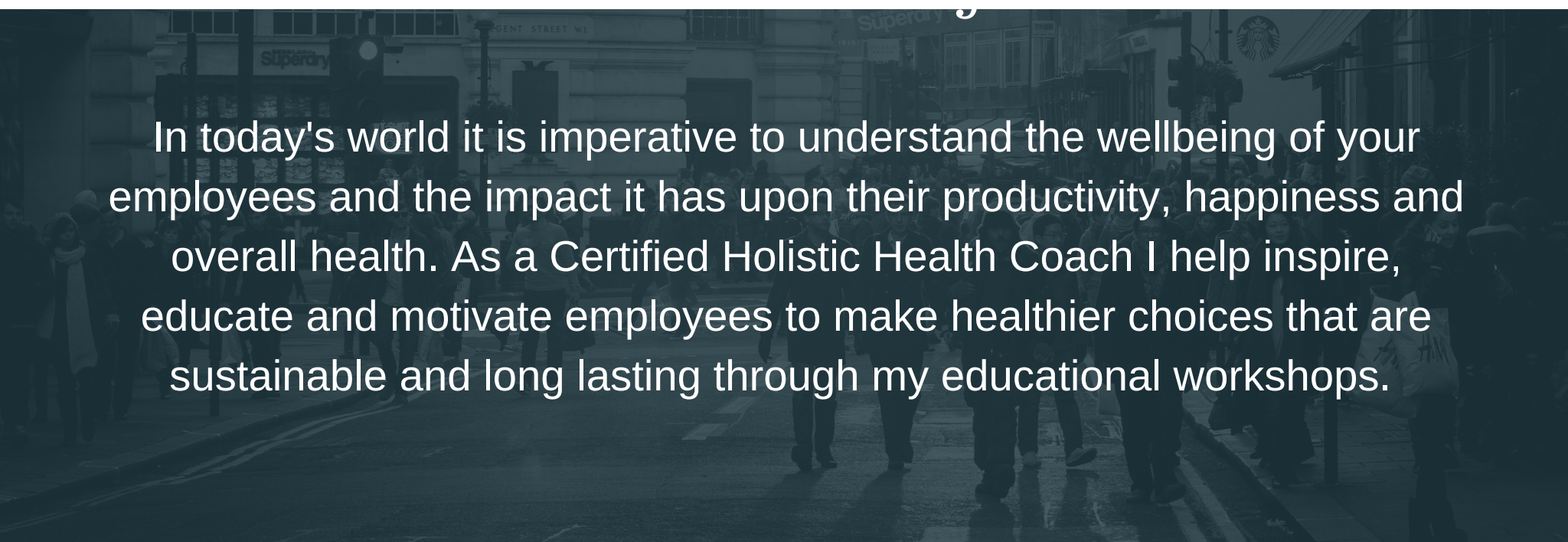
WELLNESS WARRIOR

THE PROBLEM

What poor employee health costs you?

TIME

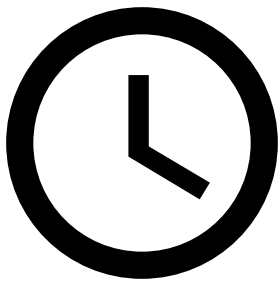
MONEY



In today's world it is imperative to understand the wellbeing of your employees and the impact it has upon their productivity, happiness and overall health. As a Certified Holistic Health Coach I help inspire, educate and motivate employees to make healthier choices that are sustainable and long lasting through my educational workshops.

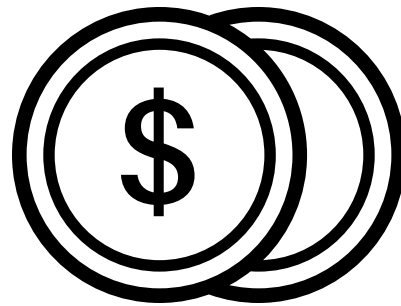
THE SOLUTION

EDUCATION & APPLICATION



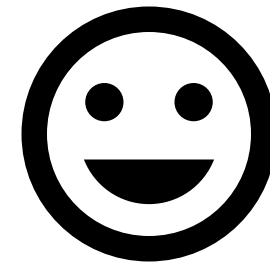
SAVE TIME

Less sick days



SAVE MONEY

Employee
productivity increases



EXPERIENCE

Happy employee
culture = better
results



ABOUT DESIREE

Founder of Free Yourself Holistic Health Coaching

Creator of Your Best Self

Studied at the Institute of Integrative Nutrition

Member of the International Association of Health Coaches

Associate Member of the International Institute of Complimentary Therapists

After suffering from severe chronic fatigue syndrome and adrenal burn out in 2011, at the age of 26, Desiree embarked on a personal journey to help heal herself through natural medicine. Using her body as her own personal lab, she performed experiments based on different dietary theories, medicinal herbs and alternative therapies. She discovered the power of food as medicine and slowly started to heal herself.....body, mind and spirit. Desiree's journey led her to study at the Institute of Integrative Nutrition which is the world's largest nutrition school. Here she learnt over 100 dietary theories, practical lifestyle techniques and innovative coaching methods with some of the world's top health and wellness experts. Her education has equipped her with extensive knowledge in holistic nutrition, health coaching, and preventive health. Drawing on these skills and her knowledge of different dietary theories, Desiree works with clients to help them make lifestyle changes that produce real and lasting results.

IN THE MEDIA

AS FEATURED IN

Ambitious Entrepreneur Podcast

"Putting Your Health + Wellness First"

Guest Speaker at 'Girls Day Out' Festival 2015

(Sponsored by McGrath Foundation)

Guest Speaker at 'Mind, Body Spirit Festival' 2016 - 2017

(Sydney, Melbourne & Brisbane)

Nutritional Presenter at M&C Saatchi

'12 Days to Wellness'

E-Health Radio Network

Expert Presenter - "How to gain more energy + vitality"

Reboot Your Life

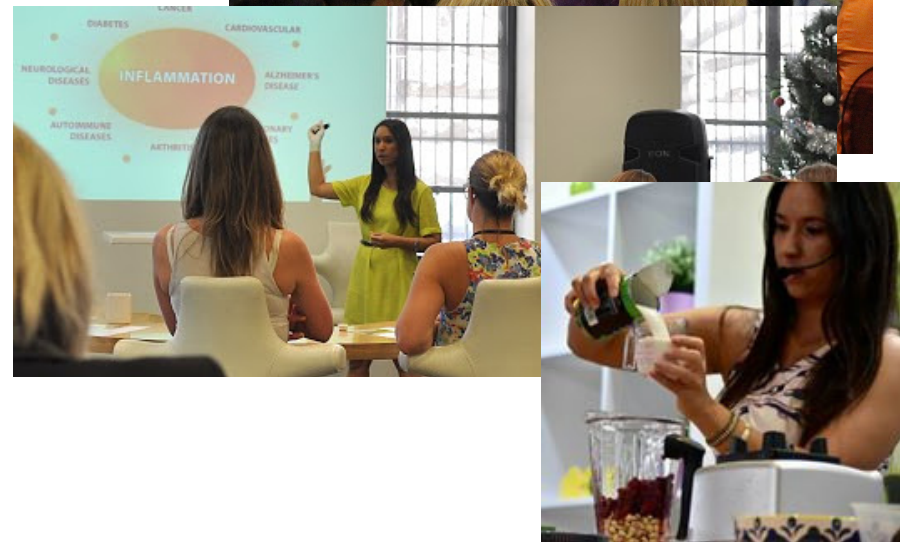
Published Author for the book with a chapter "Finally Awake"

The Carousel

Contributor - "How to overcome Chronic Fatigue Syndrome"

The Australian Times Magazine

Featured on the cover of Australian Times - Health Issue # 3





WORKSHOPS

My passion and mission is to help inspire, educate and motivate people into making sustainable, healthy long lasting changes both mentally and physically.

As a speaker, I aim to deliver the wealth of knowledge I have in practical, easy to understand terms in which people can relate to. Most importantly I show them how to start implementing healthy changes into their lives in a way which is very achievable to each individual person. When I finish, your audience will leave feeling informed, empowered, inspired and armed with the tools they need to make the right changes in their life!

I speak on a variety of topics that include;

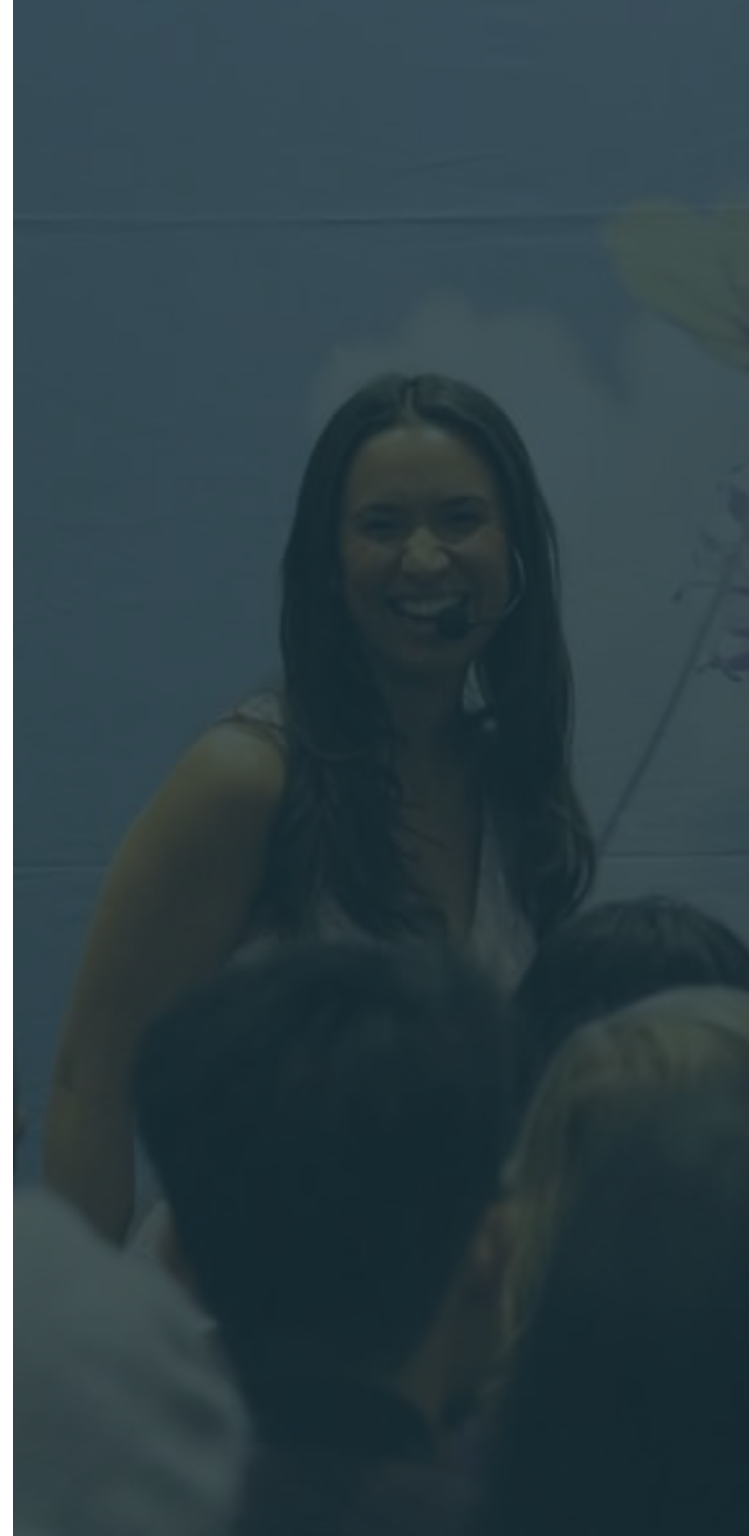
- + stress management*
- + adopting a positive, healthy mindset*
- + what to eat, think and feel for more energy and vitality*
- + general nutritional concepts*
- + practical ways to implement healthy changes and make them last long term*
- + women's health + wellness*
- + how to self-care in the workplace*

I also can tailor my content to suit a particular theme or the individual needs or a company or organisation.

5 STEPS TO LESS STRESS

45 minute interactive presentation on how to manage everyday stress, through proper nutrition and lifestyle tools.

- My 4 year battle with chronic fatigue syndrome and adrenal exhaustion
- Key factors that affect your energy levels
- The importance of gut health & nervous system for energy and stress regulation
- Dietary stress that cause fatigue and increase stress
- What to eat for energy
- My top 5 tips to increase your energy levels and reduce stress
- How to implement these healthy changes and most importantly make them last



FOOD FOR THOUGHT

45 minute interactive presentation simplifying nutritional concepts and providing the why, what and how of nutrition.

- My 4 year battle with chronic fatigue syndrome and adrenal exhaustion
- Why do we need to eat healthy?
- The importance of gut health
- The effects of stress and inflammation on the body
- The damaging effect of refined sugars
- What to eat for good health?
- 5 simple steps to help you achieve long lasting change



WINTER WELLNESS

45 minute interactive presentation simplifying nutritional concepts, mindset techniques and lifestyle tools that employees can use to stay well in winter.

Includes;

- * My 4 year battle with chronic fatigue syndrome and adrenal exhaustion
 - * Simplified tools on how you can stay well during the winter months
 - * Key factors that compromise your immune system
 - * How to nourish your body for better immunity
 - * The key tools to increase your energy & vitality during winter to maximise your performance
 - * How to reduce stress in your body and mind
- 5 simple steps to help you achieve long lasting change



A woman in a white dress is standing at the front of a room, presenting to a group of people. The room is dimly lit, and the audience is seen from behind, looking towards the presenter. The text 'YOUR INVESTMENT' is overlaid in large, bold, orange letters.

YOUR INVESTMENT

\$495 PER WORKSHOP

Presentations are 50 minutes in duration with 10 minutes for questions. All workshop presentations include a one page summary of content and a *Complimentary 30 Minute Health Review* for all participants.

TESTIMONIAL

"Desiree is a gorgeous breath of fresh air! I work directly with Desiree regarding speaking positions and cooking demonstrations at the MindBodySpirit Festival. She brings a wealth of knowledge, inspiration and passion to our clients who grip onto her every word. The world is a far better place with Desiree spreading her invaluable advice from her own experience. She is an absolute pleasure to work with and makes my work life easier"

Alyssa Pullar - Events Director Mind Body Spirit Festival

TESTIMONIAL

“Desiree was a fantastic presenter who had the room engaged the entire time, I had never witnessed so many questions. Desiree was flexible with content and also shared her ideas which really suited our objectives. The best measure of success is the feedback from participants - our staff have not only said they learnt a lot but they have/will start thinking about their nutrition more importantly. Creating this awareness as part of our wellness program is very valuable to us, thanks to Desiree...”

HR Manager M&C Saatchi for their "12 days to wellness"

CONTACT ME

I would love to hear from you!

Desiree

TAYLOR

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