

A portrait of a woman with blonde hair, smiling, wearing a black top and a light blue patterned shawl. The background is a plain, light grey color.

# Shelley Gawith

HELPING AUDIENCES OF  
BUSY CORPORATES REDUCE  
STRESS IN THEIR LIVES

*Shelley taught us that  
it is possible to have a  
successful career without  
feeling exhausted at the  
end of each day.*

*She shared with us some  
simple things we can do  
to help rebalance and  
replenish our energy in  
our busy lives.*

EDWINA MA — CHARTERED ACCOUNTANTS,  
ANZ WOMEN ACCOUNTANTS &  
SIG COMMITTEE MEMBER

# SHELLEY GAWITH FUNCTIONAL NUTRITION

As a speaker Shelley Gawith shares simple actionable steps for employees to reduce their stress, improve their sleep, and increase their energy levels. Corporate audiences across New Zealand, Australia, and around the world experience a significant decrease in absentee rates, reduced turnover rates, and improved productivity and innovation in their companies after their employees experience Shelley's powerhouse message.



**LUKE HINES 10\***

**LOW CARB CONVERSATIONS**  
WITH LEAH WILLIAMSON, NTP & GUESTS



# Featured Talks

## Slaying Stress In Your Workplace

*Simple, proven steps for employees to free their minds and motivations for optimal efficiency.*

Stress reduction begins by being in your parasympathetic autonomic system (rest and digest). Most of us are sympathetic dominant, which we know as the ‘fight or flight’ response. In this featured talk Shelley shares actionable immediate and future techniques that your audience can implement in their current lifestyles. This will free them to become more parasympathetic dominant while also improving their health and their livelihood in any season of life.

## On Demand Energy

*How to find and feed the drive you need to thrive at work, home, and play.*

You know that ‘Energy Slump’ roller coaster – it’s time to get off. Imagine if you didn’t need any stimulants and didn’t experience an energy crash during the afternoon? What would you be able to accomplish in a day if you had energy to thrive? Guess what, it is possible for all of us to have energy to burn so we can all live the lives we love. It’s as simple as making small tweaks to our diet. Shelley’s featured talk teaches audiences how to optimize their diets so they can experience constant energy all day long.



## From Fumes To Fantastic

*How to be successful  
without burning out.*

Being successful shouldn't mean you're exhausted at the end of each day. You've already done the hard work to get to where you are, and so every day should be about maintaining your amazing success and feeling energized, accomplished, and strong. Shelley shares simple and subtle ways to help you rebalance, replenish, and truly get back to feeling amazing each and every day so you can be successful in every part of your life.

## FOMO Is the New Sleep Killer

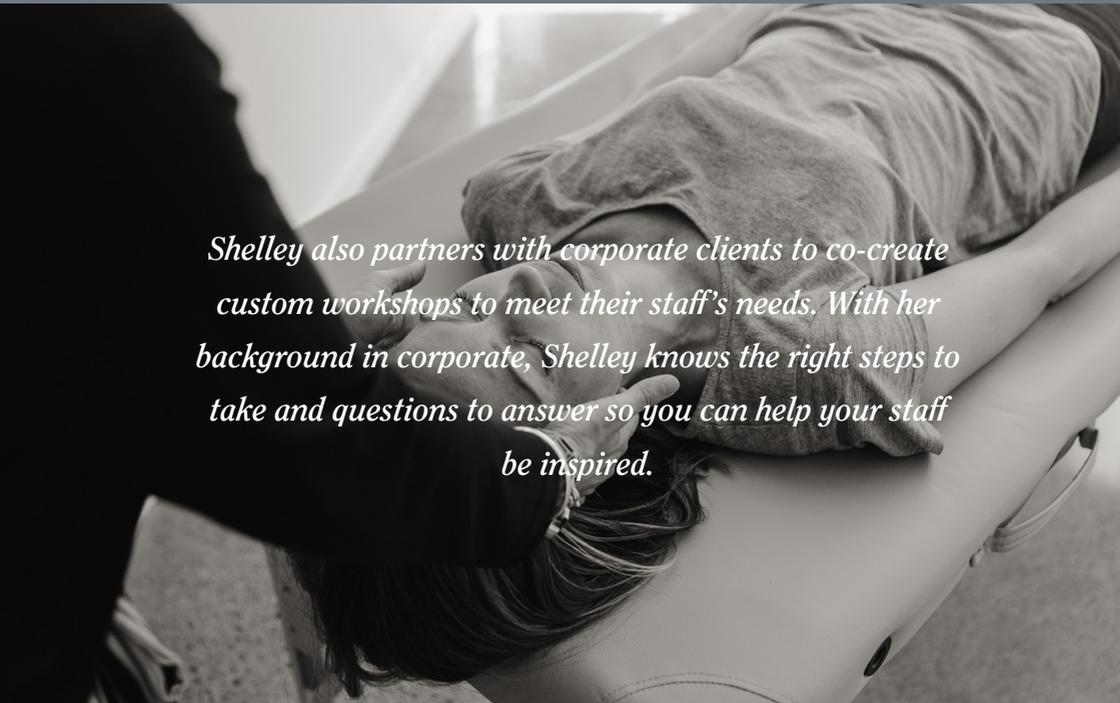
Most people have trouble falling asleep, wake up during the night, or don't have a very good quality sleep. Sleep helps us lose weight, regulate inflammation, stabilise our hormone, detoxify our bodies. We all think we have to go to bed earlier or have a nightly routine, but for most of us, we can't sleep because our circadian rhythms are out of balance. So how do we change that? Inside this talk, Shelley gives proven tips to optimise sleep.

## Please, Tell Me All About Your Poop

*The sexiest way to talk about gut health.*

Spoiler alert: your bowel movements aren't exactly sexy, but they are the most crucial part in living a healthy life. Hippocrates said, "All disease begins in the

gut." Your audience is likely experiencing a number of gut-related symptoms, including fatigue, gas and bloating, constipation, diarrhea, anxiety and depression, and stubborn weight gain. This featured talk is a step-by-step conversation through healing your gut in three key steps.



*Shelley also partners with corporate clients to co-create custom workshops to meet their staff's needs. With her background in corporate, Shelley knows the right steps to take and questions to answer so you can help your staff be inspired.*

*Shelley Gawith has a story that will touch your heart and a message that will change your life! Your attendees will walk away with specific steps they can take to improve their lives, and the motivation to make those changes!*

PAT QUINN — CONFERENCE COORDINATOR

## WHAT PEOPLE ARE SAYING

Shelley is a natural communicator. She exudes positivity and makes quick connections with individuals and large audiences. She has an uncanny ability to make the most complex topics seem digestible for any audience.

*Matt Smith — MED, NTP, Director of Education at Nutritional Therapy Association*

Shelley's passion and pure enthusiasm for helping others to heal and to be the best and healthiest they can be is truly inspiring!

I've known Shelley for several years now and with our aligned passion for health I recently had her join me on my New Zealand book tour to share her story and incredible knowledge. Each time she captivated our audience receiving tears of hope and happiness alike. This wonderful lady's dedication to understanding her clients and all the various health conditions they face and her ability to identify how to improve their lives through nutritional therapy continues to inspire me.

*Luke Hines — Celebrity, Author, Trainer and NTP*

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