

SHELLEY  
GAWITH



FUNCTIONAL  
NUTRITION



Shelley Gawith

HELPING AUDIENCES OF  
BUSY CORPORATES  
REDUCE STRESS IN  
THEIR LIVES



# 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.*

# As seen on



Medium



THE GOOD TRADE



# Featured Talks



*The Wonder of Water*

*Energy to Burn*

*Resilience and  
Immunity*

*Detox: The Quickest  
Way to Better Health*

*Tailored Talks*



# *The Wonder of Water*

## *(aka "Health Through Hydration")*

During this talk Shelley takes a seemingly simple topic and breaks it down. While we all know we need to be hydrated, it's the number one thing Shelley sees in clinic which is missing from all her clients' health. The best news is, it's such a simple idea and every single client that sees Shelley witnesses a huge change in their energy levels after implementing this simple strategy. Are you ready for your health and your staff's health to be significantly improved!?

During this presentation Shelley will cover:

1. Hydration situation (assess & measure) : Once you know how much to drink, we look at the technique.
2. How to hydrate properly : The #1 mistake that people make when trying to get hydrated.
3. Implementation : Having a plan & making it work.

# *Energy to Burn*

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, so every day should be about maintaining your amazing success and feeling energised, 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.

Shelley will cover these three topics in this talk:

1. Gut health happiness.
2. What to eat.
3. Less stress & better sleep.



# *Resilience & Immunity*

We view our lives through the lense of our hormones. If we are feeling stressed, or we have too much going on in our lives, we can feel out of control and our lives can feel unnecessarily hard, which impacts every area of our lives including our mental health and our immune system.

In this presentation Shelley will cover the points below, giving quick actionable techniques that can be implemented in our daily lives for instant results.

1. How our 'stress levels' affect our immune system.
2. Immunity Check-in : Blood tests & symptom awareness.
3. Mindset for boosting resilience.
4. Creating intentions for our days/lives.
5. Positivity : How this impacts our immune system and stress levels.

# *Detox*

## *(The Quickest Way to Better Health)*

When we learn simple strategies for how to detox our bodies at home and in the work place, we will experience more energy, weight loss, have better immune systems, and improved cognitive function.

In this feature talk, Shelley covers:

1. What & Why : We are exposed to toxins every day in what we eat, breathe, and what we put on our skins (our babies are being born toxic – babies' blood at birth is now found to have toxic substances in their blood).
2. Two simple tips that everyone can incorporate into their daily lives!
3. 'Brain drain' due to the increased use of technology, and two simple techniques to help detox from this.



# *Tailored Talks*

## *To Fit Your Audience*

Shelley also offers a range of bespoke presentations and loves collaborating with your organisation, so she can tailor the presentation to fit your requirements.

A range of these talks can include:

- How to Improve your Memory and Focus
- How to Have the Best Brain Health
- Tips to Reduce Stress & Avoid Burnout
- Gut Health (and how our poo health impacts our energy, brain, and the inflammation in our bodies)