

## Michele Chevalley Hedge

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A highly capable and accomplished Qualified Nutritionist,  
Health Author & Professional Speaker  
Expert in Nutritional Medicine - including Mental Health & Former Teacher

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### Clients include:

**Macquarie University, Southern Cross University, SHORE, SCEGGS, Knox Grammar, Firbank, Queenwood, Wenona, MLC, Ravenswood, Abbotsleigh, Emanuel, Penisular Grammar, Riverview, Ravenswood, All Hallows QLD, Kilvinton, OLMC, PLC, Abbotsleigh, SCEGGS, Shore Boys School, Roseville, and 100's of private and public school Australia and Internationally**

**Keynote speaker for Propysch Mental Health in School, Positive Schools Asia Pacific, Positive Schools Australia, Heads of Schools Australia, IPEN Positive Psychology Texas, USA**

**CommBank, ANZ, AMP, Westpac, HSBC, Financial Planning Association Australia, Sydney Business School, Business Chicks, Accor Hotel Group AMP, Hillross, Financial Planners Assoc, Hillross Financial, Lazard Asset Management, Herbert Smith Freehills, CBA Women In Focus, Workplace Wellness 2.0, Workplace Wellness 2017, Microsoft, Apple, Google, Dexus, Woolworths, Westfield, LifeView, MetroTrains, ISI, Department of Defence- NAVY, McGrath Real Estate, Patties Pies, Guzman Gomez, Thr1ve, Heart Research Institute, CureCancer, Golden Door Australia, Body & Soul, Sunrise 7, Accor Hotel Group, 2UE, KISSfm, YPO**

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“Mental Health, emotional well-being and clarity of thinking are in my view all enhanced by a low sugar lifestyle. As a family, we’ve kicked the habit (not hard) and it’s awesome! The science is all moving in this direction. For our own sake and the sake of future generations we need to address the “sugar” epidemic in all its manifestations. Michele and her team know what they’re about and practise what they preach. Bravo!”

**Peter Joseph, AM, Chairman, Black Dog Institute. Former Chairman of St Vincent’s and Mater Health, Sydney and St Ignatius College**

“Michele Chevalley Hedge has the ability to take some of the latest evidence-based information around nutrition and its relationship to mental health and translate this to families, schools, and corporates. Her passion and knowledge allow Michele to share serious health topics in a way that is accessible to all audiences. We as educators, researchers and speakers need to share these messages wide and far for the sake of our health and that of our children and adolescents.” **Associate Professor Felice Jacka President, International Society for Nutritional Psychiatry, Honorary Principal Research Fellow, Centre for Adolescent Health, Murdoch Children's Research Institute Department of Psychiatry, University of Melbourne**

"I have had the pleasure of hearing Michelle Chevalley Hedge speak on many occasions. Her energy, humour and knowledge are unrivalled in the field of nutrition in Australia. She is simply a phenomenal communicator - I would unhesitatingly recommend her to anyone looking for a smash hit speaker at their conference."

**Dr. Michael Carr-Gregg, psychologist, author, and broadcaster**

“The wise and wonderful Michele Chevalley Hedge presented an entertaining and informative keynote presentation at Positive Schools Asia, in Hong Kong. The 400 plus audience of teachers and school leaders showed their appreciation with enthusiastic feedback. They rated Michele’s presentation highly for both content and engagement. There is no doubt that our diet shapes us physically, socially and emotionally. It is time the developed world took note. Michele is a pleasure to work with and delivers an important message that needs to be heard.”

**Dr Helen Street ,Positive Schools founder and chair**

“Michele presented a wonderfully informative and engaging workshop to our staff informing us of the evidence-based research about what is happening not only to our physical body but to our mental body. The presentation really has our staff talking about and considering what they eat. The focus was not only on staff wellbeing, but directly linked to student wellbeing and learning as well. The overwhelming feeling from the staff is that it was one of the best PD presentations they had heard”

**Cameron Paterson Director of Learning & Teaching. SHORE School, Sydney Church of Grammar School North Sydney**

“Students at Wenona have had the pleasure of learning from Michele Chevalley Hedge about good nutrition and making wise lifestyle choices. Our young women are encouraged to take responsibility for their health, to use common sense in making decisions, and to be balanced in their approach to living a good life. Presented in a respectful and thoughtful manner, the nutrition sessions by Ms Chevalley Hedge are fun, lively and informative. Our girls respond well to being treated as adults and are encouraged to ask questions that are relevant and important to them. The sessions are not overly analytical, but they are based on information rather than folklore, and this enables our girls to modify what they eat, how much exercise they take, and how much sleep they get, according to their circumstances.” **Dr Briony Scott Principal – Wenona School, North Sydney**

“I approached Michele Chevalley Hedge at A Healthy View after watching her speak at several other educational events earlier in the year and I hoped she would be available to address the delegates at The School Nurses Association of NSW 17th Annual Conference in September 2016. I was not disappointed and neither were the 150 nurse delegates at the conference as they listened to Michele educate them regarding maintaining their own health and energy levels through a healthy balanced diet in order to look after the physical and mental health needs of the students in schools in which they work.

Michele is energetic, vital and a living example of the end result of a well-balanced diet and lifestyle. She inspired us with her motivation and encouraged all to make healthy choices and project this message to the students in our care. Nurses commented that Michele was invigorating and encouraging. Her presentation was entertaining and interesting providing useful strategies for delegates and those under their care.” **Britta Crozier, President, School Nurses Association of NSW**

“Michele spoke to the Heads of Independent Schools of NSW and the ACT at their quarterly conference. Her presentation was energetic, dynamic and transformational. Her messages were practical, insightful and readily able to be implemented in our busy lives. Michele was inspiring & motivating! The importance of mental health is just as important to her talk as is the physical body. We would highly recommend her”.

**Paul Teyes, Heads of Schools NSW.**

"I heard Michelle speak last year and she is probably the most engaging and interesting speaker I have ever heard. Michele's passion for nutrition and its health benefits are contagious and she is the voice that our adolescents need to hear. It is wonderful to have someone as knowledgeable as Michele, promoting mental health issues with some factual, practical, easy advice that will complement other health professionals & their services.

Michelle is fun." **Jenny Shaw, Registered Nurse, Registered Midwife, School Registered Nurse**  
**[jshaw@plc.nsw.edu.au](mailto:jshaw@plc.nsw.edu.au)**

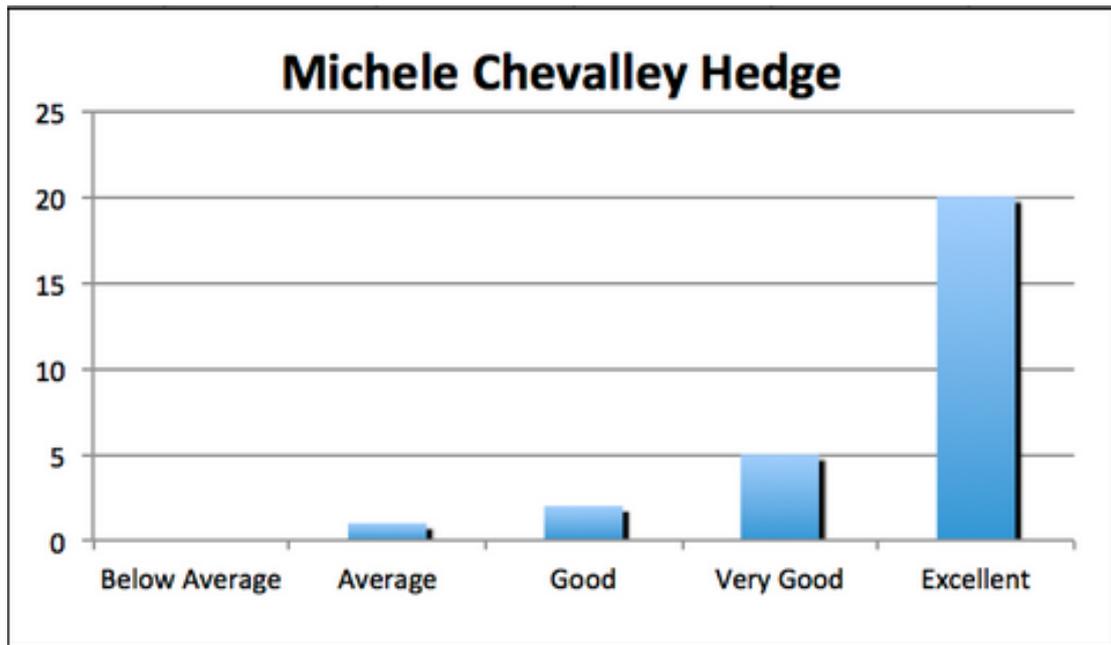
"Michele is a dynamic speaker with enormous passion for the topic of nutrition. Her presentation was very well received by the Junior and Secondary School students, parents and staff in the audience. The information Michelle shares is practical and aspirational - it helps us to see how good nutrition can give a boost to our overall wellbeing". **Dr Sarah Lock, Dean of Students, Pymble Ladies College**

"Michele has presented to our staff and parents about the importance of nutrition on the body and brain. She gave practical advice about how the food we eat has significant impacts on the health of our body and it's functioning. Michele gave practical tips on assessing sugar levels and the importance of slow burning foods which release energy slowly. These tips were insightful and manageable for children and adults to embrace in order to foster a healthier life style". **Emma Clemens, Deputy Head of Primary, Emanuel School**

"Michele provides an inspiring and affirmative message that we can all do something, quite simply, to positively influence our mental health and emotional wellbeing by making informed choices about the foods we put in our body. A low sugar and processed foods lifestyle heads us in the right direction. Young people's lives today have become so complex and multifaceted, so the importance of simplifying the message and making change possible is crucial. It all starts with education, Michele does this so well, identifying the scientific links to food and mood so young people can take charge and influence their own mental health in order to have bright futures!" **Bridgitte Roberts, psychologist, Head of Student Wellbeing, Mentone Grammar School.**

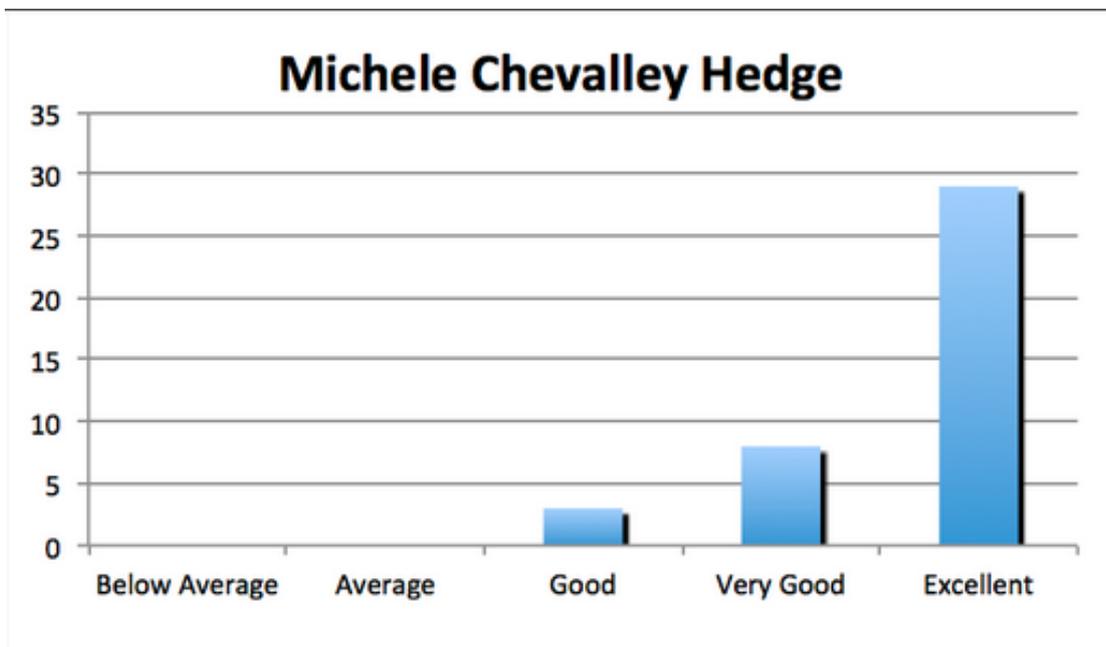
"Michele has spoken at both the **Mental Health in Schools (MHIS) and School Counsellors and Psychologists (SCAP) Conferences since 2015.** These conferences include speakers of the highest calibre, and Michele has constantly been an invaluable contribution to these events. Michele's research on the importance of good nutrition and its effect on behaviours and well-being is absolutely vital for all educators, to incorporate both into our own lives and the lives of children's in our education system. Michele's exuberant spirit is well evidenced; her presentations are always energetic, informative and polished". **Paula Teggelove, Founder Propsoych ([info@propsoych.com.au](mailto:info@propsoych.com.au))**

**SYDNEY**



- "Loved Michele Chevalley Hedges information and presentation style"
- "Michele Chevalley Hedge - inspirational, motivating, brilliant"
- "I found the food, mood and mental health sessions inspiring"

**MELBOURNE**



- "Michele was a particular highlight - fantastic topic, engaging and passionate!"
- "Michele Chevalley Hedge was fantastic – could have listened to her all day!"
- "Michele Chevalley Hedge – simply brilliant!"

## **2016 Mental Health In Schools Evaluation Feedback - Michele Chevalley Hedge**

- “A very good presentation – she had the science but presented in a way that was relevant”
- “Michele Chevalley Hedge was fascinating as this is not an area I know much about – really enjoyed and great take-home info”
- “Excellent presentation. Enthusiastic and inspiring”
- “Nutrition – wow! Potentially so critical as a major trigger/risk factor”
- “Thoroughly enjoyed and keen to learn as much as possible about diet and its relationship to mental health and wellbeing”

## **2016 School Counsellors & Psychologists (SCAP) Conference**

The feedback from delegates attending the 2016 SCAP Conference was extremely positive with delegates describing it as an ‘outstanding experience’ with ‘excellent presenters’ delivering a ‘diverse range of topics.’ ‘Speakers were varied, relevant and interesting’ and ‘all so generous with their knowledge.’

Michele Chevalley Hedge’s presentation received a very positive response and was described as ‘brilliant’, ‘entertaining’ and ‘interesting’ and that you have a great presentation style with delegates wanting to hear more at future conferences. Some delegates mentioned that some more information on how to approach organizations/schools about this topic would have been helpful.