

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

Clients include:

CommBank, ANZ, Westpac, HSBC, Financial Planning Association Australia, Sydney Business School, AMP, Hillross, Financial Planners Assoc, Hillross Financial, Lazard Asset Management, Herbert Smith Freehills, BT Financial Planners

Microsoft, Apple, Google, Dexus, Dropbox, Woolworths, Westfield, LifeView, MetroTrains, ISI, Department of Defence- NAVY, McGrath Real Estate, Patties Pies, Guzman Gomez, Thr1ve, TRET Real Estate Training, Heart Research Institute, CureCancer, Golden Door Australia, Body & Soul, Sunrise 7, Accor Hotel Group, 2UE, KISSfm, YPO, a2 Milk, Business Chicks, Accor Hotel Group

Macquarie University, Southern Cross University, SHORE, SCEGGS, Knox Grammar, Firbank, Queenwood, Wenona, MLC, Ravenswood, Abbotsleigh, Emanuel, Penisular Grammar, Riverview, Roseville, PLC, and 100's of private and public school Australia and Internationally

Workplace Wellness 2.0, Workplace Wellness 2017, Propysch Mental Health in School, Positive Schools Asia Pacific, Positive Schools Australia, CBA Women In Focus, Heads of Schools Australia, NSW Nursing

“Health and wellbeing is a focus for Dexus, to help our customers thrive by providing a suite of health and wellbeing services, offerings and amenities within their building and across the community building portals. Dexus wants to make it possible for our customers of all sizes to offer their employees the same services that have often only been available for large corporations. To date, we have a range of boot camps, yoga, Pilates and mindfulness classes run weekly across the country and we have facilitated approximately 600 wellness related events year to date. Michele Chevalley Hedge has been instrumental in this process and delivery – making wellness realistic, light, interesting not an extreme.”

Rachel Blackburn | Dexus, Customer Experience Manager

“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 its 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**

"In a continually connected and 'on' world it is increasingly important for organisations to assist their teams to manage health and wellbeing. Michele brings to life the importance, and consequences, of not adequately managing our wellbeing. Her energy had the room captivated and wanting more. Michele's material is relevant, practical and eye opening and her recommendations easily implemented." **Melynda Carpenter, Head of Women in Focus, Commonwealth Bank.**

"Michele's style creates a wonderfully inspiring and authentic connection with the audiences she shares her messages of nutrition with. She creates simple messages that resonate with children and adults, turning empirical data into practical daily actions. Changing behavioral patterns is the key to positive mental and physical health, and Michele ignites a conversation that empowers people to make true change without fuss, and I have personally experienced just how easy it has been to sustain this conversation and personal choices as part of our daily family routine." **Jane Weir, Head of Human Resources, Westpac**

"At Dexus we're helping to create healthy, enriched and productive communities for our customers and employees. We understand the impact that positive wellbeing messages on the nutrition, sleep and exercise can have on productivity, energy and good health." **DEXUS, General Manager**

"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 allows 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**

"With our continued focus on strength of mind and wellbeing we will definitely be looking opportunities to further leverage A Healthy View in the future!" **Amanda Matehaere Head of Markets, HR, Westpac Institutional Bank**

"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.**

"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." Michele will be a key note at Positive Schools Conferences in 2018 **Dr Helen Street, Positive Schools founder and chair**

"Accor Hotels are always looking to be leaders in work place health and productivity and believe this should extend not only to employees but our guests too. Employees need to know that mental health is as important as their physical health. Michele has added much value to our Workplace Wellness Project". **Emily Hoare, Marketing Manager, Accor Hotels**

“When I was in the thick of my depression, I found that bad habits were easy to slip into and good ones easy to excuse away. Food was definitely a big part of this equation. Quick fix food felt great for a moment but pretty soon zapped me of energy, made it harder to concentrate, and overall contributed to a feeling of heading in the wrong direction. I LOVE Michele’s approach to realistically eating well! We’re not robots and our diets don’t have to be perfect and boring. Small changes can lead to big positive things.” **Nic Newling, The Champions**

“Michele’s style creates a wonderfully inspiring and authentic connection with the audiences she shares her messages of nutrition, mental health and physical health. She creates simple messages that resonate with children and adults, turning empirical data into practical daily actions. Changing behavioral patterns is the key to positive mental and physical health, and Michele ignites a conversation that empowers people to make true change without fuss, and I have personally experienced just how easy it has been to sustain this conversation and personal choices as part of our daily family routine.” **Jane Weir, Head of Human Resources, Westpac**

“Michele presented a one-hour workshop on the topic ‘Gain energy, improve productivity and achieve balance’. Delegates rated the session as one of the best workshops of the Congress, reporting that Michele was an excellent presenter who shared relevant, interesting and practical content in an engaging manner, and who inspired attendees to challenge themselves to improve their work/life balance and achieve optimal health.” **Financial Professionals Australia Congress Committee**

- *“Fantastic. Life changing for myself & my family”. Delegate at FPA Congress 2017*
- *“Awesome session!!!”. Delegate at FPA Congress 2017*

“Scentre Group was fortunate to have Michele come and speak with us last year. She spoke to our Connect group, which is a development group for our Senior Female Executives. Our team immediately responded to Michele’s advice and approach to healthy living, mental & physical health because it was so practical and easily adapted to all kinds of lifestyles. She literally changed lives in the two hours we had with her and I’d happily have her again and recommend her to anyone”. **Alison Flemming, GM Operations Finance, Scentre Group**

“The presentation was engaging and inspirational and it got EVERYONE talking about sugar and the importance of healthy eating, physical and mental health which is what it's all about... my team and I have already made changes... we have ditched the jelly bean jar and introduced the homemade protein balls for when that sugar craving hits! Thank you again for providing this crucial information in such a personable and enjoyable way, while still being direct and "telling it how it is!" – **Susan, Business Support Manager - MCDSP0 (Mine Warfare and Clearance Diving Systems Program Office)**

"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)**

"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**

"We were honoured to have Michele Chevalley Hedge from A Healthy View talk at our annual Guzman y Gomez (GYG) Summit in October 2017. Michele spoke to our 200+ audience about nutritional trends & wellbeing. She is an engaging, intelligent and articulate speaker who had our audience having many a "light bulb" moment particularly around the health risks of sugar in our diet. We will most certainly be working with Michele again in the future and would highly recommend her as a keynote speaker". **Steven Marks, Founder and Global CEO, Guzman y Gomez**

“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.

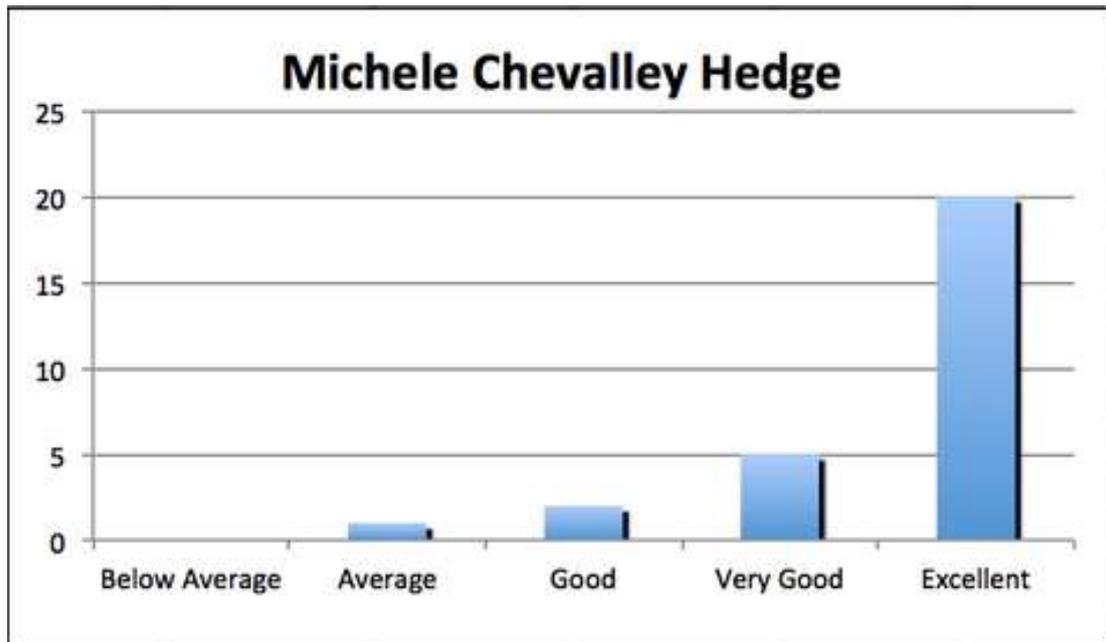
Michele is energetic, vital and a living example of the end result of a well-balanced diet and lifestyle. She inspired us with her motivation and encouraged all to make healthy choices and project this message to the students in our care. Nurses commented that Michele was invigorating and encouraging. 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 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 presentation’s are always energetic, informative and polished”. **Paula Teggelove, Founder Propsych (info@propsych.com.au)**

Please see www.ahealthyview.com for additional testimonials and LinkedIn.

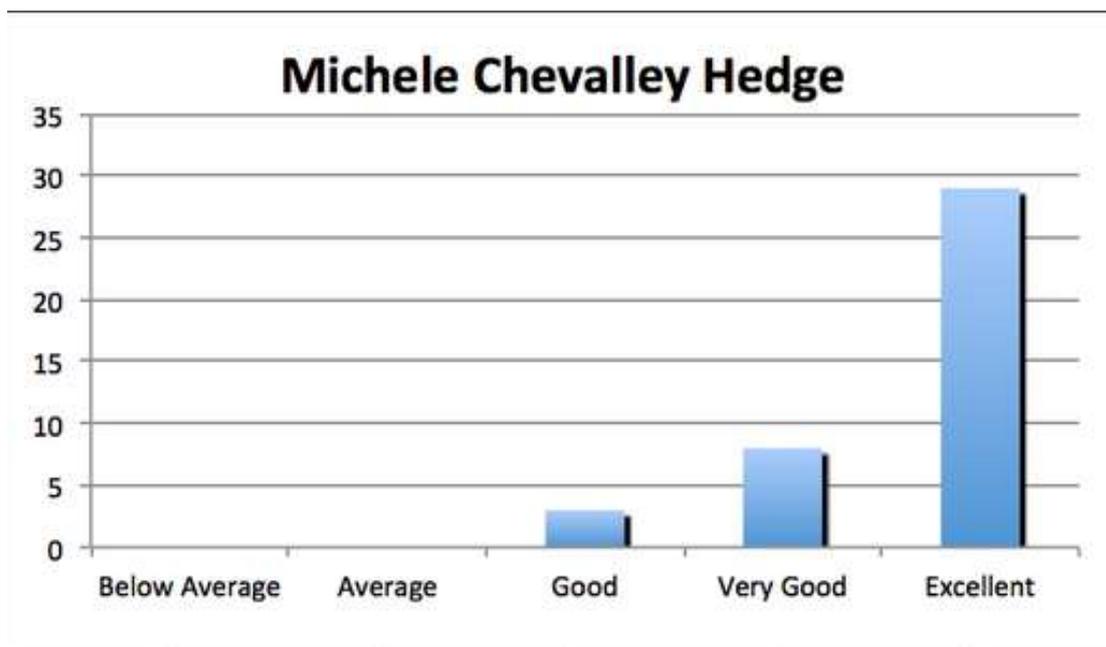
2015 Mental Health In Schools Conference

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.