



*"Thank you very much for presenting to our network, we really enjoyed it. You have a lovely presentation style. The feedback has been fantastic and it's lovely to hear stories about the take-aways and actions that people are implementing for habits to sever them better."*

**MARNI DITTMAN - GENERAL MANAGER – LEARNING & DEVELOPMENT INSURANCE ADVISERNET**

SPEAKER

# DR GINA CLEO

## EXPERT IN HABIT CHANGE AND WELLBEING & DIETITIAN

**DR GINA CLEO IS ONE OF THE WORLD'S LEADING EXPERTS IN HABIT CHANGE AND WELLBEING. HER NEW BOOK 'THE HABIT REVOLUTION' IS TAKING THE WORLD BY STORM.**

She has a PhD in habit change, is an Adjunct Professor at Bond University, and the Director of the Habit Change Institute. Gina also holds a Bachelor in Health Sciences with a double major in Biomedical & Sport Science & a Masters of Nutrition and Dietetics.

With her background as a practicing dietitian, and having worked in clinics and hospitals, Gina's passion for wellbeing extends beyond just what we eat; rather she has dedicated her career to helping people understand their habits and how small consistent steps impact longer term health and wellbeing.

Her research has been published in highly reputable medical journals globally and she has appeared for over 200 news outlets including many of Australia's major television networks; ABC News, Today Show & Studio 10. She has also featured in publications such as the New York Post, Women's Health, News.com.au and MiNDFOOD.

In January 2024, Gina released her first book The Habit Revolution and it is already climbing up the bestseller charts.

### THE HABIT REVOLUTION: THE KEY TO SUSTAINABLE SUCCESS

In a world where willpower wanes, harnessing the power of habits is essential for achieving long-term change. In this keynote, Gina reveals the secrets behind lasting transformation through practical, evidence-based strategies. Learn how to create new habits and break free

from the unhealthy and unhelpful routines that are holding you back. Once you learn the art of mastering your habits, you can apply it to any area of life and work – from your new health kick to writing a book.

### DEVELOP SETBACK STRATEGIES

Achieving your goals usually happens in a tango of two steps forward, one step back. The difference between success and going off course is all about, if, when, and how you get back up. Learn Dr Cleo's top 5 bounce-back strategies to help you get back on track quickly and achieve long-term success: resilience, schedule, consistency, self-belief, and self-compassion.

### THE ART OF ADAPTABILITY

Dust off the cobwebs of routine and learn to effortlessly evolve with new innovation, updated technology and changing workloads. Discover how to thrive in change through breaking your old habits and embracing the art of adaptability and cognitive flexibility. Increase your efficiency and in turn, improve workplace and team culture.

### GINA IS AVAILABLE FOR:

- KEYNOTES & WORKSHOPS
- PANEL MODERATION OR PARTICIPATION
- PROGRAM CREATION