

EXPERT BIO

LEANNE HALL

THERAPIST, PRESENTER
& AUTHOR



AN EXPERIENCED PSYCHOLOGIST WITH ADDITIONAL QUALIFICATIONS IN HEALTH AND FITNESS, LEANNE HAS AN IMPRESSIVE CAREER AS A THERAPIST FOR OVER 25 YEARS.

She's worked in the media for several years, is regularly quoted by a number of online and print publications and has featured on a variety of broadcast programs including The Living Room, Studio 10, and Channel 7's Bride & Prejudice.

She is the author of Head First Health Fast, the Smart Approach to Outwitting Body Issues and Sustaining Achievable Health, and is a fierce advocate of the anti-diet movement, and celebrating diversity in all its forms.

Leanne also has a passion for youth mental health and works for a Youth Charity which centres the lived experience of young people in all aspects of program design and delivery. Building a mental health workforce of Lived Experience (Peer) Workers has been a primary focus, driving significant Government Lobbying and pushing for mental health system reform.

Also, a keen researcher, Leanne is in the final stages of her PhD at Sydney University in Clinical Psychology where she is researching the lived and living experiences of injured ultra-runners. Through her research, Leanne has developed a deep understanding of the endurance mind-set, and often presents at conferences and corporate speaking events about how this mindset can help us 'endure' in everyday life.

She is also a wife and mum of an adult daughter and teenage son. She believes in the value of investing in loved ones, resisting the 'busy' epidemic and making a conscious choice every day to prioritise what matters most.

Leanne is available for media opportunities, brand partnerships, TV, radio presenting and corporate keynote speaking.



For more, contact hello@thelifestylesuite.com

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