



Hi, I'm Celynn. A registered health practitioner, professional speaker, author and French foodie dedicated to helping you and your business sustain high performance and resilience.



Award winning professional speaker
Certified Speaking Professional (2017)
Outperformer Speaker, Vistage UK (2018)

WHY THIS TOPIC?

Wellness is paramount in the future of work.

In order to survive and thrive, now and in the future, businesses should harness the potential of wellness by aligning work environments and cultures with workers' personal values, motivations and wellness needs.

The truth is that the global workforce is unwell, and we cannot afford it.

The annual economic cost of sickness, absence and worklessness are estimated to be over £100 billion per annum. This is greater than the current annual budget for the NHS.

"The wealth of a business depends on the health of its workers."

Dr Maria Neira, director of the Department of Public Health and Environment for the WHO

WHY THIS SPEAKER?



Celynn Morin is a registered dietitian, nutritionist, and full time professional speaker, based out of London, United Kingdom and Johannesburg, South Africa. She has been awarded the **Certified Speaking Professional** designation from the National Speakers Association of the United States. She has also received the accolade of '**Outperformer**' in 2018 by Vistage UK. Celynn has co-authored two books and has developed various science-backed frameworks such as **Performance Chemistry™**, **Wellculator™** and the **FAB Quotient™**. Her strength is creating awareness and igniting better lifestyle choices that help individuals and teams stay resilient and sustain high performance. Celynn has delivered almost 1000 presentations. She brings energy, inspiration and practical ideas to an audience whether there are 10 or 10 000 in attendance.

WATCH CELYNN PRESENT



PRESENTATION TOPICS

The following themes can be presented as a keynote, a half or full day workshop. Celynn's presentation style is science backed, practical and interactive. Each theme has a series of interactive activities to avoid cognitive overload, ensuring engagement and participation.



Performance Chemistry™

How to be your own CEO (Chief Energy Officer) and mobilise all levels of energy on demand so that you sustain high performance and wellbeing.

Ideal for leaders and high performing teams.



Wellculator™

A back-to-basics, simple framework for optimal health and happiness including embodiment practices for better work life balance and performance.

Ideal for half day or full day workshops.



FAB Quotient™

How to Fuel, Activate and Behave to manage energy, improve brain fitness and enhance resiliency.

Ideal for shorter keynotes and / or women's groups.



HEALTH4Wealth

The vital 6 steps to leverage health for wealth: Hormone Harmony; Energy; Activation; Lead self; Thought through and Happiness.

Ideal for financial or insurance groups.



CHAMPAGNE CAMPAIGN

Champagne Campaign

Sensual living with flair to create work life integration and to discover your raison d'être.

Ideal for women's events or retreats.

The following are general learning outcomes. Exact key learning outcomes are customised to suit you. A brief call or email interaction will allow Celynn to establish which topic will best suit your requirements and audience or event needs.

All sessions are interactive and include practical exercises such as work place activation practices, energy hacks, an introduction to meditation and other individual or group exercises.

Energy renewal
Science of stamina
Practical mindfulness
Eating-on-the-run
Strategic refuelling
Stress management
Mental health

Rest, renewal and sleep
Neuroscience and brain fitness
Longevity
Resilience
Managing burnout
Somatic intelligence
Leadership embodiment

Creating lifestyle changes
Clarity, calm and creativity
Collaboration and wellbeing culture
Inspiration
Behaviour change
Entrepreneurship
Work life balance



As a speaker/facilitator I really think you are one of the best I have seen in four and a half years with Vistage: great content, very knowledgeable on your subject, great engagement in numerous different ways, very useful giveaways, slides and media of a very high standard and a great person too, who really lives your message.



Ian Windle

Vistage UK, Group Chairman