

VITALITY PROGRAM

BY LAUREN BURNS

OAM, Naturopath, Nutritionist, Herbalist (BHSc)
Olympic Gold Medallist, Taekwondo. Sydney 2000



A CORPORATE WELLNESS PROGRAM TAILORED TO BOOST ENGAGEMENT, LOWER ABSENTEEISM AND BOLSTER RESILIENCE.

AIMS

- An adaptive program to improve overall quality of wellbeing of your staff.
- Inspire, motivate and educate. To renew and develop positive daily habits around health, nutrition and fitness. A program achievable for anyone, regardless of age or health and fitness level.

DURATION

The program will be specifically tailored to suit the requirements of individual company objectives. Three, six and twelve month programs are available. After this time a program review will allow participants can embark on the next phase.

THE PROGRAM, AN OVERVIEW

INTRODUCE THE THEME

Lauren Burns keynote. During work hours. Lauren will introduce herself, her story, engage with staff, provide inspiration and discuss the theme and upcoming program.

FOLLOW UP IN WRITING

Lauren to provide topical articles aimed at providing education and motivation to continue with wellness program.

WORKSHOP & BOARD BREAK

Lauren and assistant conduct an active and fun taekwondo workshop. The emphasis is on fun, skills and increasing energy through breathing and big Ninja turtle style Khiap's! All participants will break boards at the end of the workshop. The board break will relate to an area of their life they want to make a commitment to changing. We will address the 6 steps to change, what their goal is, how they will achieve it and what would prevent them from doing so.

NATUROPATHIC CONSULTATIONS

Two consultations for each staff member to focus on individual needs. These sessions are designed as a Wellness review, not an illness review. Any major underlying health conditions will be referred.

COOKING DEMONSTRATION

Quick and interesting, informative and tasty!

SPECIALIST EDUCATORS/FACILITATORS

Throughout Lauren's career as both an athlete, a naturopath and a motivational speaker she has worked with educators, coaches and facilitators who are leaders in their field. After establishing key objectives for your company and staff, Lauren will incorporate specialist sessions tailored within the program for maximum impact. These areas include ergonomics and structure in the workplace, massage, stress management, Men's and Women's Business (a look at Men's and Women's health separately).

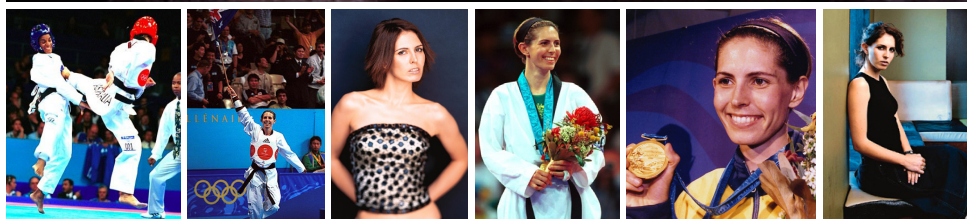


LAUREN BURNS

www.laurenburns.com.au

LAUREN BURNS

PROFILE



Lauren Burns created sporting history by winning the first ever Olympic gold medal for Taekwondo when the sport made its debut at the Sydney 2000 Olympic Games.

Lauren was one of only three Australian women to win an individual Olympic Gold Medal, along with Cathy Freeman and Susie O'Neill. Her amazing triumph at the Sydney Games was achieved against the odds – requiring enormous discipline, commitment, perseverance and teamwork.

Since the Sydney Olympics, Lauren has emerged as one of the most successful Olympians from these Games. She has worked diligently to raise her profile to position herself in the echelon of Australia's most sought after speakers. She has spoken to over 200,000 people in the past 10 years and in her presentations Lauren talks about what it takes to be successful. She transforms her stories and experiences into life skills making them entertaining and relevant to listeners.

Lauren enjoys a variety of commitments, she was ambassador for World Vision's Destroy a Minefield campaign in Cambodia (2001 – 2002). Lauren's main focus within the community is her involvement with Red Dust Role Models, conducting healthy lifestyle clinics in remote Aboriginal & Indian communities. Lauren was a representative on the Athletes Commission of both the Australian Olympic Committee and Taekwondo Australia and is a director on the board of Appin Hall Children's Foundation.

The success of Lauren's autobiography, *Fighting Spirit* resulted in her travelling Australia to promote the book, which was listed in the

Sydney Morning Herald as the number one best selling sports book. She has recently launched her own design of the Zip Bag, under the umbrella company Love Your Planet.

Lauren is currently practicing as a Naturopath (Bachelor Health Science), conducting motivational presentations, workshops and corporate health programs and is a mother of a beautiful boy.

CAREER RESULTS

NATIONAL COMPETITION EXPERIENCE

- 12 times National Champion
- Australian team member 1993 - 2000

INTERNATIONAL HIGHLIGHTS

- 2000 Olympic Gold Medallist
- 2000 US Open – Silver
- 1999 US Open – Gold
- 1997 World Championships, Bronze
- 1996 World Cup, Bronze
- 1995 Belgian Open, Gold
- 1994 IOC Seoul Invitational – Gold

ACHIEVEMENTS

- Australian Natural Therapists Association – Bursary Award 2009
- Order of Australia Medal
- 3rd Dan black belt
- Young Australian of the Year, Nillumbik Shire, 2001
- Sports Medal Recipient, 2001
- Leader Newspaper Sports Star of the year, 1999
- Blitz Female Full Contact Fighter of the Year, 1999, 2001
- Women's Team Captain, Australian Taekwondo Team
- Taekwondo Australia Fighter of the Year, 2000

TESTIMONIALS

"Excellent. Lauren has an outstanding story to tell and is generous with her medal, autographs, photographs etc. I strongly recommend her."

ANZ Bank

"The room was electric, they stood clapping their broken boards together. Lauren signed every board, which was printed with the conference theme "Breakthrough". The memento boards now adorn many offices. Fantastic!"

Wrigley's

"Your inspirational message to our guests was first class and really sealed for us a great night of recognition, for the top achievers in our Dealer network. I know that our people will benefit from your experience and can only hope that some of them can "dare to dream", and achieve just as you have done."

Mercedes-Benz

"Lauren was absolutely sensational."

BHP

"Our conference 'Reach for the Sky' was a great success and largely due to your presentation which matched perfectly with our team's focus and themes for the rest of the year. It was truly motivating and inspirational! Your energy and enthusiasm made a big difference to the rest of the conference"

Toyota

"Excellent, Lauren's energy was intoxicating. Our guests were mesmerised."

PriceWaterhouseCoopers

"A young, energetic and articulate person. Lauren was well spoken, talked to the audience, gave colourful examples which made the audience laugh, as well as making our function a success."

AMP

"From the feedback sheets collected, and the general 'vibe' after your presentation, it was clear that you touched the heart and souls of many in your audience. Your enthusiastic, sincere and humble style are rare in the speaking world, and were an absolute joy to witness. Personally, I shall always remember your dedication and willingness to 'do whatever it took' to keep your commitment to our Chapter that evening."

National Speakers Association of Australia

"Lauren and the crew were simply excellent. She provided a great way to close our event with the sounds of around 800 people breaking and then clapping boards it was a great thrill for all."

John Danks & Son Pty Ltd

"Excellent. An empowering presenter that left the audience touched, moved and inspired."

Steve Mc Knight - PropertyInvesting.com

"240 of our top performers stood and applauded with their successfully broken boards – unbelievable. They had all written their greatest fear on the board and then breakthrough that fear and way of thinking. It was an amazing atmosphere and all of them were cheering and clapping their boards at the end, an awesome sound and energy in the room. Our people have seen the best, Lauren, Martin and the team were fantastic. We will have them back next year."

EcoSeagate

"She was great! Lauren has a fantastic personal style - very informal and personable. Her presentation was very engaging, and she really made an effort to speak with different members of the team 1:1 following the presentation."

Fosters