

HEALTH & PRODUCTIVITY COACHING

Boost Performance | Improve Health | Prevent Burnout

- Would you like to have more energy and better focus, at work and at home?
- Do you need to reduce your stress levels without reducing your performance?
- Do you simply aspire to perform at the highest level possible?



Investing in a healthy work-style now is a smart investment in your career, relationships and quality of life.

“Value delivered? 10/10. I am now more in control of my time, therefore my level of stress and frustration is reduced. Talking to an expert who can ask pertinent questions to help you delve deeper into what is driving you, and why you react the way you do, has been really valuable.” Director of Planning & Development, QLD local council.

TAKE THE FIRST OBLIGATION-FREE STEP:

Contact Thea to explore your needs and to see how she can help.

thea.com.au | enquiries@thea.com.au | 0412 190 860

"I sought Thea's Coaching after finding myself consumed by intense emotional stress at work, which left me feeling flat and unmotivated. The combination of self analysis, tasks and support from Thea was fantastic for me and after 6 weeks of Health Coaching I have a much clearer state of mind and feel better equipped to leave stress at work." Susie Deason, Victoria.

"We are what we repeatedly do." ~ Aristotle

Your Energy, Mood, Performance and Longevity are profoundly affected by the habits you choose every day: how you move, breathe, eat, and sleep or how you schedule your day.

Through coaching with Thea, you will gain the tools, confidence and skills you need to take action and persevere with healthy, productive work practices until they become part of your work-style and your life-style.

Mastering better habits leaves you feeling great!



Thea O'Connor is a Personal Sustainability Specialist, offering unique principles and practices for renewing energy and focusing attention during a typical, hyper-connected working day.



For more information about health coaching, or to book, contact me now.
enquiries@thea.com.au – 0412 190 860

Experienced: Over 20 years in health promotion - as a workplace wellbeing consultant, dietitian, body image specialist, trainer for beyondblue regarding mental health issues in the workplace and founder of NapNow, which advocates for a new work ethic that incorporates daily rhythms of renewal, including sufficient, quality sleep.

Qualified: Bachelor of Science (Adelaide University), post-graduate degree in Nutrition (Flinders University), Certificate in Health Coaching, Cert IV in workplace training and assessment.

Up to date: As a freelance writer, including for the Sydney Morning Herald, Law Society Journal and In The Black magazine, Thea keeps her finger on the pulse of current business trends and latest health issues through interviewing global experts.

Evidence-Based: Thea bases her client-centred approach on the methodology of Health Change Australia, which draws together the best available evidence about what helps people make lasting behaviour change.

Enthusied about every aspect of her work, and loves connecting with a diverse range of people.

Coaching can be delivered by Phone, Skype or in Person. Individual and Group.

www.thea.com.au