

# tls @work

health + lifestyle programs delivered to the workplace by credible, reliable experts + supported by engaging, informative content to create real behavioural change.



# what we do

TLS@work is a business focused on providing bespoke health + lifestyle offerings designed for the corporate sector. Led by our credible, recognisable experts, our programs do more than just 'tick-the-box'. Rather, they **engage, educate** and **entertain** to impact the health and wellbeing of employees from 9-5 and beyond. We know **a simple keynote isn't enough** to create **real behavioural change**, so we work with our stable of experts to bring to life written and video content that reinforces key messages across the verticals we know **make a difference to people's lives**.



health.



happiness.



food + nutrition.



home.



garden.



lifestyle.



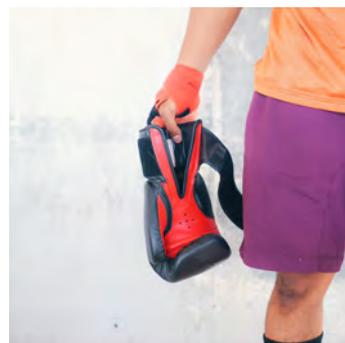
pets.



current affairs.



style + etiquette.



fitness.



sex + relationships.



travel.

# our experts

When it comes to communicating health and wellbeing information, **credibility is critical**. As Australia's only talent agency representing influential health and lifestyle experts, we offer an unparalleled wealth of knowledge across every vertical in the health and lifestyle space - from medicine to relationships and nutrition to naturopathy - we ensure that 'wellbeing' is well and truly covered.

Our talent are recognisable experts in their fields with knowledge, opinions, tips and tricks to share. Via social media, our talent reach **hundreds of thousands** of people, and via the country's most prominent broadcasters and publications, they reach **millions** more. In their clinics, practices and consultancies they **inspire** and **influence** the people they work with, face to face, **every day**.

As **active in their fields** as they are **respected in the media**, this is no ordinary speakers bureau. As a true lifestyle partner we pride ourselves on not only matching the right talent to the team, but via related content, ensuring that we deliver **real outcomes** to employees.

## HEALTH, HAPPINESS + MOTIVATION



**HAPPINESS EXPERT**

Dr. Tim Sharp

[+](#) bio [▶](#) video



**GP + PARENTING EXPERT**

Dr. Ginni Mansberg

[+](#) bio [▶](#) video



**HEART + WOMEN'S EXPERT**

Dr. Nikki Stamp

[+](#) bio

**PARALYMPIAN**

Ellie Cole

[+](#) bio  
[▶](#) video



**PSYCHOLOGIST +**

**MIND/BODY**

Leanne Hall

[+](#) bio  
[▶](#) video

# FOOD + NUTRITION



**CHEF + FOOD STYLIST**  
Kate Gibbs

[+ bio](#) [▶ video](#)



**DIETITIAN + COOK**  
Themis Chryssidis

[+ bio](#) [▶ video](#)



**NUTRITIONIST + YOGA INSTRUCTOR**  
Lee Holmes

[+ bio](#)

## NUTRITIONIST + DIETICIAN

Jaime Rose Chambers

[+ bio](#)



## REAL NUTRITIONIST

Rosie Mansfield

[+ bio](#) [▶ video](#)

# LIFESTYLE



**PRESENTER + JOURNALIST**  
Shelly Horton

[+ bio](#) [▶ video](#)



**HEALTH JOURNALIST**  
Casey Beros

[+ bio](#) [▶ video](#)



**ETIQUETTE EXPERT**  
Anna Musson

[+ bio](#) [▶ video](#)

# WELLBEING



**NATUROPATH + NUTRITIONIST**  
Renee Leonard Stainton

[+ bio](#) [▶ video](#)



**NATUROPATH**  
Reece Carter

[+ bio](#) [▶ video](#)



**SEX + RELATIONSHIPS**  
Dr. Nikki Goldstein

[+ bio](#) [▶ video](#)



## keynotes

### KEYNOTES

In-person presentations designed to focus on a specific topic or outcome to educate employees and empower them to make changes to their lifestyles and their lives. Covering everything from general health to positive psychology, nutrition to motivation and beyond.

45-60 minutes | 10-500 pax



## workshops

### WORKSHOPS

Get a little more hands-on with a workshop hosted by one of our experts, where employees will build new skills and get to know each other (and themselves) better. Add a social or team building element for a workplace wellbeing event with a difference.

2-3 hours | 10-100 pax

# how we work



## content

### CONTENT

To effect real behavioural change, employees need to be excited about attending sessions, and then have key messages reinforced after the fact. From written articles to video content and live social broadcast, increase engagement with engaging, educational content.



## online programs

### ONLINE PROGRAMS

Delve deeper with an online program from one of our experts. From our 'Happiness At Work' program with Dr Happy, through to our 'Love Your Heart' program with Dr Nikki Stamp, these allow further education, giving targeted online access to our experts.