



“When we looked for an expert GP to join our panel, Dr Ginni Mansberg was our first choice. Her expert knowledge, practical advice and humourous delivery made her a stand out speaker at our Trust Your Gut roadshow events. As a key opinion leader and panellist, Ginni delivered our key messages in her relatable style to help break down the stigma around gut health and bowel cancer. Ginni was also a firm audience favourite and a delight to work with.”

**NICK LEE, JODI LEE FOUNDATION**

# CASEY BEROS

EXPERT HEALTH COMMUNICATOR, FACILITATOR, MC,  
SPEAKER, JOURNALIST

ONE OF AUSTRALIA'S MOST EXCITING HEALTH COMMUNICATORS, CASEY WEAVES SENTIMENT, SCIENCE & ACTION TO TACKLE PUBLIC HEALTH ISSUES WITH A PERSONAL DEVELOPMENT LENS.

For 15 years, Casey's job has been to ask questions of our brightest minds on how to live a happier, healthier life. She is fascinated by how communication affects the care we receive, and how that affects outcomes.

She is often called upon to act as a conduit between clinician and consumer - a role she relishes and navigates with aplomb. An experienced health journalist, Casey holds her own in nuanced, complex and dense medical territory as a speaker, and is often called upon to act as a medical facilitator for some of our biggest health brands.

An engaging and entertaining speaker, she'll have you crying with laughter one minute and tearing up the next. Casey has hosted TV programs for the ABC (Tonic) and Channel 10 (Everyday Health) and writes frequently for Australia's leading digital platforms. In 2021, she released her first book, The 'Bad' Girl's Guide to Better - blending her love of entertainment and education to deliver a stealth help guide to navigating the obstacle course of life.

A Mum of two young girls, she is particularly passionate about mental and women's health.

#### THE LIFE EDIT

Hands up if your life hasn't exactly turned out like you thought it would. It's understandable - there's no road map, no manual, no GPS. That's up to us to create!

So, after years of interviewing experts, Casey turns the tables on you in this 60 minute interactive keynote - to take the life you're already living from 'meh' to 'much better' by editing it in real time. Together, you'll work through the 10 questions that, once answered, empower you to build more of the good stuff IN and edit what isn't working OUT, including on-the-spot action that has a knock-on effect long after you've left the room.

#### MODEL THE MASTERS

From Harvard to Berkeley and The Karolinska Institute - Casey has spent her entire career picking the world's brightest minds on how we can all live better lives.

In this keynote presentation, she drills everything she has learned into 10 rules for living that the science backs time and time again so you know where to place your efforts (and where you can cut a few corners). It's wellbeing without the woo-woo, and in Casey's unique style - entertaining as it is educational.

#### CASEY IS AVAILABLE FOR:

- Keynotes & Workshops
- MC & Event Hosting
- Panel Moderation & Participation

For more, contact [hello@tlstalent.com.au](mailto:hello@tlstalent.com.au)  
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SPEAKERS