



DR GINA CLEO

EXPERT IN HABIT CHANGE AND WELLBEING & DIETITIAN

DR GINA CLEO IS ONE OF THE WORLD'S LEADING EXPERTS IN HABIT CHANGE AND WELLBEING. HER NEW BOOK 'THE HABIT REVOLUTION' IS TAKING THE WORLD BY STORM.

She has a PhD in habit change, is an Assistant Professor at Bond University, and the Director of the Habit Change Institute. Gina also holds a Bachelor in Health Sciences with a double major in Biomedical & Sport Science & a Masters of Nutrition and Dietetics. Her background as a dietitian, and working in clinics and hospitals, ignited her passion for wellbeing that extends far beyond nutrition; rather she has dedicated her career to helping people understand their habits and the profound impact that small consistent actions can have on long-term health and wellbeing.

Gina's research has been published in highly reputable medical journals globally and she has appeared for over 250 media outlets including Australian's major television networks such as ABC News, Today Show & Studio 10. Her expertise has also been featured in international publications such as the New York Post, Women's Health, News.com.au and MiNDFOOD.

In January 2024, Gina released her debut book, The Habit Revolution, which rapidly climbed the bestseller charts, further establishing her as a leading voice in the field of habit change.

THE HABIT REVOLUTION: THE KEY TO SUSTAINABLE SUCCESS

In today's fast-paced business environment, willpower alone isn't enough to drive lasting change. Gina reveals how mastering habits is the cornerstone of sustainable success. This keynote provides your team with practical, evidence-based strategies to create powerful new habits and break free from unproductive routines. Equip your audience with the tools to apply habit mastery across all areas of life and work, whether it's boosting

productivity, enhancing well-being, or driving innovation.

HABIT STACKING: THE POWER OF MICRO-HABITS FOR MAXIMUM IMPACT

In the quest for personal and professional growth, it's often the small, consistent actions that yield the greatest results. Habit stacking is a cutting-edge approach to habit change, where you build powerful new behaviors by attaching them to existing routines. In this keynote, Dr. Gina Cleo will reveal how micro-habits can be seamlessly integrated into daily life, creating a ripple effect that leads to significant, long-term change. Perfect for teams looking to enhance productivity, boost well-being, and achieve ambitious goals, this session provides practical tools and insights that can be implemented immediately for maximum impact.

THE ART OF ADAPTABILITY

In a world where change is the only constant, adaptability is the key to thriving. Gina's keynote teaches your team how to break free from outdated routines and embrace change with confidence. By fostering cognitive flexibility and the art of adaptability, your organization can enhance efficiency, innovation, and team culture. Prepare your workforce to not just manage change but to leverage it as a catalyst for success.

"Thank you very much for presenting to our network, we really enjoyed it. You have a lovely presentation style. The feedback has been fantastic and it's lovely to hear stories about the take-aways and actions that people are implementing for habits to sever them better."

**MARNI DITTMAN - GENERAL MANAGER - LEARNING & DEVELOPMENT
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