



# DR MICHELA SORENSEN

## GP & WOMEN'S HEALTH ADVOCATE

THE PAST FEW YEARS HAS SEEN DR MICHELA SORENSEN BUILD A REPUTATION FOR BREAKING DOWN MEDICAL INFORMATION INTO EASILY DIGESTIBLE MESSAGES RELEVANT TO EVERYDAY AUSSIERS.

Dr Michela Sorensen is a Sydney-based GP, with extensive experience working in rural and isolated locations. She is passionate about building empowered and thriving communities and believes that, whether you live in a high rise in inner Sydney or a cattle station along the Nullarbor, having access to reliable health information is the key to empowerment.

### MENTAL HEALTH AND WELLBEING

Self-care. Meditation. Daily exercise. 8 hours of sleep a night. All the things you hear when you talk about supporting mental health and wellbeing. And it is true, these things do support good mental health. But the reality is most of us can't do that. Especially if you're juggling work, parenthood and a multitude of other life challenges. Michela speaks to the real world of mental health and wellbeing – what small changes you can realistically make in amongst the chaos that is life and the warning signs that you might need a bit of extra help.

### WOMENS' HEALTH

From breasts to burnout, pregnancy to pimples, Michela knows women's health issues inside out. She breaks down these issues in simple, digestible terms and helps women understand their body and mind. She teaches them and provides practical, everyday tips to support to recognise what's normal, when to worry and

where to go for support managing their physical changes but also supporting them to build resilience and enhance their mental wellbeing.

### HOW TO BE YOUR OWN HEALTH ADVOCATE

"Yes, cancer". 2 words that no one expects to hear, certainly not 35-year-old doctor, with 2 children under 2. Michela has spent her career educating and supporting people to understand and listen to their body. Then the time came that she realised she wasn't practicing what she preached. She ignored the signs and found herself in the position everyone fears – a cancer diagnosis. She speaks candidly about her experience on the other side of the Dr's desk and what this taught her about the reality of juggling motherhood, work and a major health issue. She uses this experience to empower others to be their own health advocate – to understand their body, how to recognise and act on the warning signs.

#### MICHELA IS AVAILABLE FOR:

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

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