

**Thursday
May 29
4:30-
5:30pm
AEST**



Healthy Equity: Building a Teacher's Greatest Asset



Michele Chevalley Hedge

Nutritional Medicine Practitioner,
Author and founder of [A Healthy View](#)

Health Equity: the New Wealth Economy

In 2025, a vibrant brain and healthy body are the new form of wealth - so how do you build yours in a time poor world? The evidence is clear: how we nourish ourselves profoundly impacts immunity, motivation, mental health, and resilience, especially during stress. As we navigate new technologies, workplace demands, and rising burnout, the need for complete wellbeing has never been greater.

This presentation provides key learnings and takeaways on:

- Simple additions (NOT deletions) to your daily nutrition to boost mental wellbeing - nourishment over deprivation.
- How lifestyle habits (nutrition, sleep, exercise, stress) impact leadership, skills performance habits, and success.
- The three "S"s - Sugar, Sleep, Stress - and how to build your personal wellbeing toolkit.
- Latest research on how food, sleep, and stress affect mental health and brain function.
- Strategies for navigating the "new normal": curbing cravings, managing erratic eating, and boosting energy, productivity and clarity.
- A personalised daily plan with small, sustainable habits for long-term wellbeing.
- Disclaimer: This nutritionist enjoys a little coffee and chocolate!

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THE PRESENTER



Michele Chevalley Hedge

www.ahealthyview.com

**Nutritional Medicine Practitioner, Author
and founder of A Healthy View**

Many wellness practitioners are stepping into the space of health and wellbeing. Still, not many nutritionists come with a teaching history with professional speaking experience.

Michele Chevalley Hedge, nutritional medicine practitioner and health author, was previously a high school teacher in New York who went on to become an education manager at Microsoft. She truly understands the needs of time-poor person who, family or not, wants health but not hassle. She is often introduced as "the modern-day nutritionist – the one who likes a bit of wine and coffee."

Michele has recently completed her formal education in Positive Psychology, which fuses nicely into her wellbeing presentation. Michele is Cure Cancer Ambassador and has been nominated many times as a finalist for Australia Mental Health Awards. Michele delivers to audiences all over the world including, PESA and IPEN stages with Dr. Martin Seligman and Sir Anthony Seldon over the past few years. [Click here for more information.](#)

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