**Michael Tesoriero**

**Your Wellness Why**

A person standing posing for the camera

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Michael is driven to optimise the health and wellbeing of individuals, by empowering them to consider their whole self, focusing on both their physical and mental wellbeing.

He brings a wealth of experience, having started, run and sold his own health and wellbeing company. He has consulted to elite sporting teams, such as the Sydney swans AFL, NSW waratahs rugby union as well as elite level athletes.

Michael couples this expertise with over 15 years of experience in the corporate world, in senior positions, so he fully understands the demands and stresses of working in a corporate environment, and trying to balance the competing demands of work and personal life. Michael is a highly entertaining and engaging speaker who will ensure the audience not only enjoys the session, but walk away with practical and powerful tools to improve their health and wellbeing

**Education**

* Bachelor of applied science (exercise and sport science)
* Masters of nutrition and dietetics
* MBA
* Certificate 4 personal training
* Diploma of financial planning

**Workshop: Discover Your Wellness Why**

**Duration: 2 hours**

**Summary**

This interactive, and engaging, workshop empowers participants to take control of their physical and mental wellbeing, without feeling overwhelmed or burdened.

Michael provides participants with “multipliers”, research backed ‘health hacks’ that amplify the health benefits that enable participants to kickstart their journey into optimised wellbeing. Participants will leave the session with practical information they can implement straight away.

The workshop covers:

1. **Movement** – if you do not like “cardio”, this system will have you fitter and healthier in a fraction of the time
2. **GUT health** – these simple, research backed, tools will dramatically improve your physical and mental wellbeing
3. **Psychology of Motivation** –discover how you can super charge your motivation
4. **Stress Performance** – stress is inevitable, appreciating how it impacts your body and how to manage it, is the first step to harnessing it for superior life performance

**Investment**

$4,000 + GST

Travel and transfers ex Sydney

Live for Today but be mindful of Tomorrow

Contact

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