



Ana Alexandre

**KEYNOTES
WORKSHOPS &
CORPORATE
PROGRAMMING**



HEALTH, RESILIENCE AND STRESS MANAGEMENT

are important to the success of your workplace.

Studies repeatedly show that healthier, less stressed employees are happier, more creative and more productive.

Ana would be a good fit for your group if:

- Your team has high-stress, fast-paced work demands and need strategies to help boost energy and resiliency to keep up with the pace.
- You're looking for a fresh new perspective on the topic of wellness, leadership and personal development.
- You want a high-energy, fun speaker that can connect with your team

Workplace benefits

- Improve resiliency + ability to combat stress.
- Increase energy + productivity
- Enhance confidence, leadership + creativity
- Improve bottom line related to the high healthcare costs

Ana's presentation was absolutely wonderful! Far exceeded our expectations!

ROSANNE FIGUEIRA
PAL Toronto

KEYNOTES



Ana's ability to tell a story, share relevant wellness content and to entertain, will make you lean forward in your chair, scribble notes on your napkin and keep you laughing while learning. With humor and passion she empowers her audience to make simple, real changes that create big deal results in both their personal and professional lives.

Ana works directly with her clients to customize the most relevant session for the audience she is working with.

LIFESTYLE & LEADERSHIP TOPICS INCLUDE:

- Performance Perk Up
- Energy Building Rituals of High-Performing People
- A new approach to leadership
- Move from Stress to Success: A Holistic Approach to managing stress
- The truth about Work-Life Balance

HEALTH TOPICS INCLUDE:

- Resilience Build
- 6 Health Practices to Improve Your Life -In and Out of the Office
- Nutrition for the Crazy Busy
- Power Nutrition for Women
- Women-Weight loss and hormone balance

Keynotes run from 45-90 minutes.

CORPORATE PROGRAMMING

Ana's corporate wellness programs are a relevant and FUN solution to reduce work-place stress, improve health and boost productivity.

CORPORATE PROGRAM CREATION

Incorporating her expertise in coaching, health, stress management and fitness, Ana can create a customized program that will give your team the practical skills and hands-on techniques needed to take inspired action.

This program could include a combination of:

- Customized workshops
- On-site individual health and performance coaching programs
- On-site Group coaching programs
- Half-day or full-day programs
- Team-Building Retreats

5 phase process:

1. Initial assessment 2. Strategic planning 3. Implementation 4. Measure changes and results 5. Review & replan

CUSTOMIZATION

Ana individually designs her workshops to be relevant and unique to your audience. You can also work with Ana to customize a session to match your team's goals or your corporate values.

Having Ana come in and speak was a great reminder that our lifestyle choices can effect all areas of our lives. Thank you for your informative presentation!
We received great feedback from the staff.

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ANA ALEXANDRE

LIFESTYLE AND LEADERSHIP EXPERT

Ana Alexandre helps you create the successful career you deserve, without sacrificing your health.

She has been coaching entrepreneurs and executives for over a decade. Her client list includes, CEOs, CFOs, lawyers, doctors, PR executives and performers. She knows how to speak to busy professionals and understands the challenges they face.

The success of her programs can be attributed to her understanding that achieving optimal performance requires a holistic approach.

Ana delivers presentations internationally, works one on one with clients, serves as a media spokesperson and has been written up in the press as a lifestyle expert on the regular. She has been featured on Breakfast television, in Shape Magazine and Cosmopolitan Magazine among others.

Ana trained through The Coaches Training Institute and The Canadian School of Natural Nutrition and also studied theatre.

Her professional experience comes charged with hilarity and passion.

Anyone who attends her events can expect a healthy, sexy kick-start you need to start rocking your career and your health.

CREATE THE LIFE + CAREER YOU WANT ... WITHOUT SACRIFICING YOUR HEALTH.

PARTIAL CLIENT LIST:

- Orthos España
- Lindt & Sprüngli
- Oracle
- Humber College
- York University
- Ontario Secondary School Teachers' Federation
- International Alliance of Theatrical Stage Employees
- Doblemano - agencia de comunicación
- Nu- Vitality Corporate programs
- Artists' Health Alliance
- PAL Toronto



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