

KEYNOTE

I am Superwoman

This is for any woman who has ever felt this way.

"It's selfish to put myself first"

"I can handle it all"

"I can't slow down, even when I try"

"My needs don't matter"

"I don't have time for self-care"



It's for women who do too much, rushing from one thing to another and pushing themselves to their limit.

It's for women who are overachievers, survivors, multi-taskers and have a constant need to prove themselves. The **I am Superwoman keynote** talk empowers women to take responsibility for their health & happiness.

Encouraging us all to start prioritising our wellbeing, slow down, self-regulate, reconnect, treat ourselves better and acknowledge the superwoman within.

ABOUT CAMILLA

Camilla is an expert health and wellbeing coach with over 10 years of experience working with some of Australia's top senior leaders and executives at organisations like Canva, Atlassian, Microsoft, Vista, Woolworths, Unilever, Optus, Officeworks, Westpac and Sydney Metro in my role at Select Wellness.

In **I am Superwoman**, Camilla shares how her personal stories of adversity that have allowed her to break through to find the superhuman strength to keep showing up drawing on the philosophy 'We can do hard things'.

Find out what Camilla did to overcome challenges such as debilitating postnatal depression, near-death burnout and living with a chronic illness - while remaining standing, laughing and relatively sane!

After I am Superwoman, you'll walk away with:

- **Strategies to regulate and soothe your nervous system**, so you can transition from a state of surviving, to thriving
- **Empowered resolve to treat yourself better**, put yourself at the top of your priority list and stop comparing yourself to others
- **The ability to reduce your daily micro stresses**, giving yourself permission to slow down to become calmer, happier and more present
- **Tools for keeping clear boundaries** around your time and energy and identifying your invisible mental, emotional and physical loads
- **Knowledge about rituals, habits**, and creating moments that contribute to your wellbeing with self-compassion and gratitude

Camilla is incredibly knowledgeable, supportive and most importantly realistic about wellbeing and the tools that she recommends.

I can personally say that my own wellbeing is all the better for having met and worked with her.

Her passion, knowledge and genuine desire to take others on the wellbeing journey is contagious.

Jen Bass, Manager Employee Experience, Cuscal (former) Client Select Wellness