



KEYNOTE SPEAKER



Emma
SUTHERLAND

Naturopath, Nutritionist, Author



BRANDS WE'VE WORKED WITH



TESTIMONIALS

“Emma is a woman who walks her talk! She is truly a wealth of knowledge and is someone we both admire and respect as a person and professional. Emma is brilliant in her delivery and so impactful in the way she engages our audience. Her presence is powerful and her passion is felt!”

Stevie & Tay, Wellness Out West Workshops

“Emma exceeded all expectations as our guest speaker at Mum Society, my inbox has been flooded with positive feedback from those that came along. Both witty and engaging, we will not hesitate in booking and hosting Emma again.”

Kylie Ostle – Director, Mums Society

“Emma is an engaging presenter who connects with the audience in a meaningful way and inspires change through practical tips and real-life scenarios. Her deep knowledge and experience makes the time she has spent with our community powerful which is reinforced by constant feedback from those who have attended an event with Emma.”

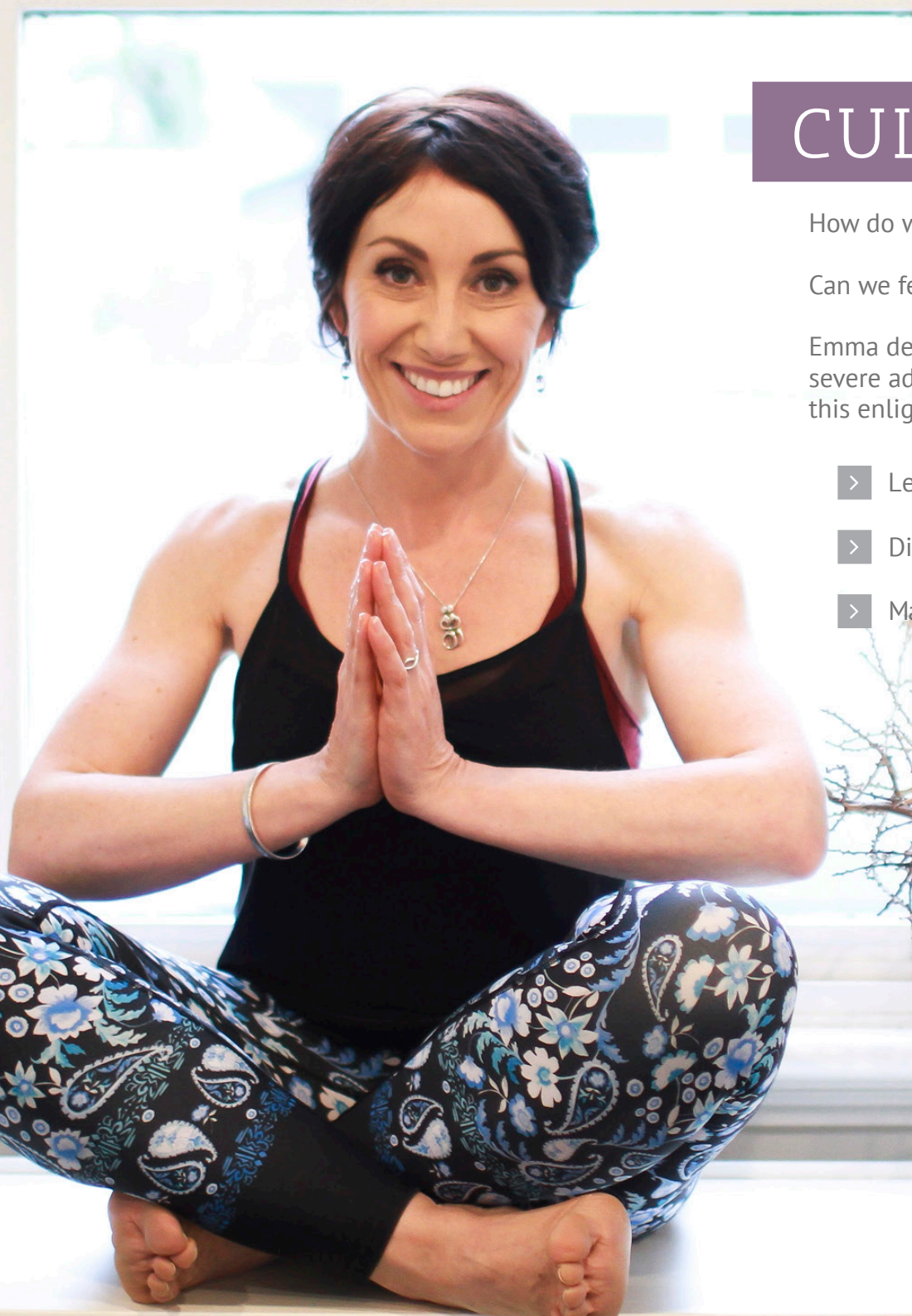
Kate Boorer – Founder, Young Professional Women Australia, International Women’s Day Inaugural Conference

“Emma did a fantastic job hosting the Anti Additive Awards in Sydney this month. Emma is a knowledgeable and engaging keynote speaker that goes above and beyond to fulfil client’s expectations. Her knowledge in the nutrition space is astounding and PPR would definitely utilise Emma’s skills and expertise for any health events and activations in the future”

Jodie Carlson, PPR Sydney

“We launched our educational programme with Emma at our new retail wholefoods outlet to link conscious shopping to educating curious conscious eaters. The response from the audience proved how Emma’s passion, knowledge and integrity gives her iconic status in the new wave of natural medicine.”

Deena Thompson, The Farm Wholefoods



CULTIVATING RESILIENCE

How do we live our busy 21st century lives and remain calm, resilient and present?

Can we feel truly connected despite having so many digital interactions every day?

Emma delves into the revealing world of adrenal health. With personal experience of severe adrenal fatigue and over 15 years of treating patients for it, she is an expert in this enlightening area.

- > Learn how to detect and address adrenal fatigue
- > Discover the real reason for your hormone imbalance
- > Maximise your Mojo with easy-to-implement proven strategies



GET YOUR MOJO BACK

EVERYONE DESERVES TO HAVE A SENSE OF HEALTH AND VITALITY, SOMETHING EMMA TERMS “MOJO”. THERE ARE MANY BLOCKS TO OPTIMAL MOJO BUT SOME OF THEM WOULD SURPRISE YOU.

Emma dives deep into what could be depleting your individual Mojo and your teams Mojo. By combining the latest clinical research with her extensive experience in clinical practice, Emma gives actionable steps towards regaining your lost Mojo.

Join Emma's popular Mojo boosting challenge - 2 weeks of free email support containing tips, downloads and quizzes to get you bouncing out of bed in the mornings.



KIDS HEALTH

Emma's passion for kids' health began many years ago but intensified 7 years ago with the birth of her daughter. After many challenges with both her and her daughter's health, she finally found the answers through Naturopathic Medicine.

This led to Emma advocating for children's health and helping families make the transition to healthier lives.

Emma's protocol, called the Studio You Method, addresses the five pillars of optimal health. She has helped thousands of families over the last 15 years to move from being confused and stuck to completely thriving.



Sophia Eats

A Parents Guide to Toddler Health and Vitality

191



ABOUT EMMA

• SPEAKER • AUTHOR • MENTOR • NATUROPATH

Emma Sutherland is a visionary in the field of health and is very highly regarded within the industry. A successful mum, author, clinical naturopath and TV presenter, Emma's mission in life is to inspire women to get their mojo back. Her first book "50 Foods That Will Change Your Life" is the ultimate guide to healthy eating for women.

Emma's daughter, Sophia was born in November 2011 and has been the delight of her life since. Motherhood has been the most amazing feat she has accomplished and it has only reaffirmed her desire to work more strongly with mums-to-be, mums and their bubbas. In fact, Sophia has inspired Emma's second book "Sophia Eats – a Parents Guide to Toddler Health and Wellbeing".

Emma has many mentors and is constantly seeking to learn more. She has:

- > Completed ADAPT, the inaugural training program with Chris Kresser, at the Kresser Institute. Emma holds the designation of ADAPT Trained Health Practitioner from Kresser Institute, the only functional medicine and evolutionary health training company worldwide.
- > Completed a comprehensive 12 month Fertility Mentoring Program with Stacey Roberts, The Baby Maker. This provides Emma with a strong framework to help women increase their fertility and create super healthy babies.
- > Completed MAPS (Medical Academy of Paediatric Special Needs) Practitioner Training as well as MINDD Practitioner Training.

Emma is a regular media commentator and she has been extensively featured in radio and print media. Her areas of knowledge are incredible and her opinions are regularly sought out by many people.

QUICK FACTS ABOUT EMMA

- > 15 years of clinical experience as a Naturopath and Nutritionist
- > Author of "50 Foods That Will Change Your Life", published by Penguin books
- > Regular media commentator who is extensively featured in radio and print media
- > Her opinions are highly sought after due to her science based angle on health
- > Expert nutritionist on the popular TV show "Eat Yourself Sexy"
- > Brand ambassador
- > Founder and Director of integrative health clinic Studio You in Sydney
- > Highly passionate about helping women get their Mojo back and supporting kids to thrive and grow into strong adults.



To book Emma as a
speaker, please contact
info@studio-you.com.au

Let's Connect!

