

# JASON GILBERT

Keynote Speaker | Corporate Performance Optimiser  
Health & Wellbeing Coach | Author | Retreat Facilitator



## CORPORATE WELLNESS STRATEGIES TO UPGRADE YOUR TEAM'S PERFORMANCE

With over three decades of transformative experience, Jason Gilbert has dedicated his life to changing other people's lives. From hands-on treatment to corporate wellness initiatives, he has touched tens of thousands of individuals through talks, workshops, university courses, and television programs.

Jason's journey, which began with his own spinal surgery, has uniquely equipped him to address the root causes of health challenges, whether they stem from workplace ergonomics, emotional hurdles, or nutritional imbalances.

As an author, speaker, and host of online courses, he empowers others with the knowledge needed to achieve optimal health and performance. Jason's passion for transformation shines through in every interaction, motivating audiences to embark on their own journey towards well-being.

Throughout his career, Jason has shared his expertise and insights with dozens of companies worldwide and has been featured on TV and media from **Channel 10**, **Channel 9**, **Sky News**, **ABC radio**, **Vogue Magazine**, **The Australian** just to name a few.

## SIGNATURE PROGRAMS

### Optimising Corporate Performance

Staff will learn strategies for peak productivity, including minimising sedentary lifestyle effects, making smart dietary choices, and experiencing chair yoga to showcase the benefits of movement.

### Mastering Stress Management

In today's corporate world, managing stress is crucial for success. Staff will learn routines to achieve a productive state, sleep biohacks, work-life balance strategies, and dietary and supplemental anti-stress techniques.

### Spinal Hygiene At The Office

Staff will learn ergonomic workstation setup, spinal hygiene exercises, back and neck pain prevention and management, and exercise options for non-regular exercisers to improve spinal health.

### Building Healthy A Remote Workplace

Strategies for wellness in the digital age include setting up a home office, practical tips for health and performance at home, emphasising discipline, and establishing a morning routine for successful days.

*Jason's session was a highlight of the event!*

*His expertise in optimising mental and physical health for performance was evident in his ability to deliver impactful concepts as very practical advice.*

*Jason spoke at our annual conference in Hawaii, he was highly inspirational and spoke to us about health and what it means to us personally.*



[jasongilbert.com.au/speaking](https://jasongilbert.com.au/speaking)

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