



OLIVIA  
AREZZOLO

AUSTRALIA'S LEADING SLEEP EXPERT

CORPORATE  
SPEAKER KIT

# Introduction

Olivia is Australia's leading Sleep Expert, speaker, author, coach and advisor.

After 9 years of study, her qualifications include a Bachelor of Social Science (Psychology), Certificate of Sleep Psychology, Diploma of Health Science (Nutritional Medicine), and a Certificate 3+4 in Fitness.

Olivia's expertise has been solicited for global brands such as Google, Ikea, Sealy Posturepedic and Fitbit, who have shared her science based sleep strategies to the media, consumers and employees alike.

On the media landscape, Olivia has been featured in Forbes, has a popular column in the Australia's leading health media platform, Body and Soul, and is a regular speaker on live TV shows including Sunrise, The Today Show and Studio 10.

Lastly, but definitely not least, her bestselling book, Bear, Lion or Wolf, is now published in 10 countries in 8 languages, seeing her mission to help individuals feel their best, inside and out, via sleep, go global.

# Past Speaking Events



Google



fitbit

# The Morning Show



# The Today Show



# Studio 10



“Olivia's expertise is rare:  
not only is she incredibly engaging,  
she is highly educated too.

Further, she has a natural ability  
to simplify sleep science into a  
market friendly message.”

Cameron Van Den Dougen - Forty Winks

Is sleep a problem in your workplace?  
The evidence indicates..

29% of all workplace errors are due to fatigue

Sleeping less than 7 hours makes  
individuals 19% less productive

On average, Australian's sleep 6.2 hours,  
Brits for 6.4 hours,  
and those in the US, 5.8 hours

Statistically, sleep is an issue in your workplace - and you could boost productivity by 19% by increasing sleep to 7+ hours a night.

How to achieve this?

# Recommended topics

Chronotypes: the secret to your best night's sleep

Sleep saboteurs: what's keeping you up at night, and how to overcome it

Sleep deprivation, long term sleep success, and best workplace practices

An understanding of chronotypes, the secret to sleep and productivity alike

The simple 4 step plan for your team's bedtime routine, the best way to see rapid results

Q+A time for your team's sleep questions

A science based, straightforward seminar entailing why sleep deprivation occurs

A practical, no-nonsense guide on what to avoid to sleep better

Alternatives to traditional energy enhancers, such as coffee  
And devices at night

An awareness of the symptoms of sleep deprivation, and how to manage them in your team

The system to long term sleep success

The top 5 workplace practices to boost sleep and productivity alike

Most popular

Designed for team leaders

# Package 1

Single Session

60 minutes

Interactive and collaborative  
PDF slides + take home toolkit

Topic of choice

Delivered in person or online

## Package 2

Two sessions:  
Employee specific, team leader specific

60 minutes each  
Interactive and collaborative  
PDF slides + take home toolkit  
Topic of choice  
Delivered in person or online

Best for companies with over 100 employees

# For best results

## 12 Month Action and Accountability Package:

- 1 or 2 sessions per month
- PDF slides + Take Home Toolkit
- Topic of choice
- Delivered in person or online
- Ongoing online support
- Options for private coaching (corporate rate)

Optional: 90 or 120 minute sessions

“I couldn’t recommend Olivia higher - investing in her services was invaluable, and I would do it time and time again.”

Amanda Johnson - Time X Rolex Next Generation Leader  
Startup Executive of the Year - CEO Magazine

A woman with long brown hair, wearing a dark blue blazer over a white shirt, is sitting on a bed with white pillows and a light-colored headboard. She is looking directly at the camera with a slight smile. The background is a soft, out-of-focus light color.

# Book Olivia for your next event today

Please email [enquiries@oliviaarezzolo.com.au](mailto:enquiries@oliviaarezzolo.com.au) to arrange a consultation