



WORLD LEADING SLEEP EXPERT

SPEAKER KIT



MY MISSION:

- **TO EMPOWER MY AUDIENCE WITH SLEEP STRATEGIES; ENABLING THEM TO BE THEIR BEST - INSIDE AND OUT**

I BELIEVE:

- **SLEEP IS A STRATEGY FOR SUCCESS**
- **ACHIEVING DEEP SLEEP IS A LEARNED SKILL**
- **ANYONE CAN TRANSFORM**
- **SLEEP IS NOT A PILLAR OF HEALTH - IT IS THE PILLAR OF HEALTH, THE NEEDLE THAT MOVES THE THREAD**

PAST CLIENTS



SAMSUNG



Forbes



SHERIDAN
EST. 1967





BACKGROUND

15 years of professional and academic expertise:

- Bachelor of Social Science (Psychology)
- Certificate in Sleep Psychology
- Diploma of Health Science (Nutritional Medicine)
- Certificate 3+4 in Fitness

The 'go-to expert' for top tier media:

- Fox
- Sky News
- Pix11
- New York Post
- Forbes

Author in 10 Countries:

- Bear, Lion, Wolf, published in 10 countries



WE LOVED OUR INTERVIEW SO MUCH, WE REBOOKED OLIVIA
TO SPEAK AT OUR ANNUAL EXPO TO 3,500 LIVE GUESTS"

- BLOOM TV



OLIVIA IS TRULY A WORLD LEADING SLEEP EXPERT,
AND A DELIGHT TO HAVE ON THE SHOW.
SHE IS WELCOME BACK ANYTIME.

- DAYTIME SHOW



**“OLIVIA IS FACINATING TO SPEAK TO - AND SO MUCH FUN!
WE CAN’T WAIT TO HAVE HER BACK”
- SOUTH FLORIDA LIVE**

HERO KEYNOTE

SLEEP: YOUR ULTIMATE SUPERPOWER

HOW SLEEP UNLOCKS YOUR BEST SELF -
MENTALLY, PHYSICALLY, AT WORK
SLEEP STRATEGIES FOR SUCCESS
4 STEP BEDTIME ROUTINE BLUEPRINT
MASTERING YOUR CIRCADIAN RHYTHM
HOW TO RETURN TO SLEEP WHEN YOU CANT
SO. MUCH. MORE!

OLIVIA'S STORY

FROM SURVIVING TO THRIVING

SURVIVING: AN AUTHENTIC RECOUNT OF MY DARKEST DAYS -
DEPRESSION, ANOREXIA AND HOSPITALISATION AT AGE 14

HEALING: TREATMENTS AND TOOLS THAT SET ME FREE

THRIVING: HOW I CONTINUE TO ELEVATE AND EVOLVE



BOOKINGS

PLEASE EMAIL

OLIVIA@THESLEEPRETREAT.COM.AU

PLEASE OUTLINE:

- SCOPE OF WORK
- LOCATION
- IDEAL START DATE
- LENGTH OF ENGAGEMENT
- BUDGET BALLPARK (10K BRACKET)