



# MOTIVATION FOR HEALTH

A staff centred  
approach to  
wellbeing and  
optimal  
performance in  
the workplace.

**PRESENTED BY  
MICHELLE WONG  
& LEA HUGHES**



## MICHELLE WONG

*"Motivating staff will benefit your business, but understanding motivation will benefit your staff."*

Michelle Wong is an award-winning educator and coach. Her passion to understand the science behind motivation has led her to embark on a post graduate research career at Curtin University.

Michelle brings 20 years of practical experience in education, business and research to her presentations. Her passion for motivation is tangible, energising and inspiring for your workforce.



## LEA HUGHES

*"A proactive approach to sustainable health. Building thriving organisations through workplace wellbeing."*



Lea is a teacher of inspired health wisdom and the founder and creator of Rise to Shine Wellbeing. Rise has evolved naturally as a result of 20 years teaching Health and Physical Education, her role as a wellbeing leader and her work as a yoga teacher.

Lea specialises in regulating the stress-response, breath work and wellness coaching. Rise to Shine is a contemporary health approach empowering individuals to take personal responsibility and control of their health and wellbeing in a practical and sustainable way.

*"Michelle and Lea were amazing! I was so inspired and can't wait to use my new tools with my staff and in life!"*

David, Peel Chamber of Commerce

*"We look forward to connecting with you and optimising motivation and wellbeing in your workplace"*

*Michelle and Lea*



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## PRESENTATION OPTIONS

**All presentations are tailored to align with your company's strategic plan**

### one hour

- Michelle and Lea will co-present an interactive presentation that will re-energise and increase staff focus

### two hour

- A deep dive into the psychology and quality of motivation, partnered with practical strategies to optimise wellbeing and workplace performance

### full day

- A fully interactive workshop exploring the quality of your motivation and the impact this has on workplace culture and in life.
- Multiple practical applications tailored to your workplace environment.
- Strategies to support resilience and stress management