

## Dr Helena Popovic

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### ***Authority on Improving Brain Function & Keynote Speaker***

Dr Helena Popovic is a medical doctor and a leading authority on improving brain function. She is also a best-selling author, a media identity, a TEDxSydney Fast Ideas finalist and an international keynote speaker.

Through her compelling presentations, Dr Helena Popovic delivers incisive health messages and razor-sharp insights that create life-changing experiences. She explains why great health is not a distant decision – but a daily decision, and SHE demonstrates why it’s vital to every individual’s success.... Ninety-five percent of employees underperform in the workplace because they’re not in great health. They might not be overtly sick but they’re not as healthy as they could be. This impacts dramatically on their productivity and on the bottom line. If you want to get ahead, get healthy – because everyone else is moving in the opposite direction.

Her mission is to educate rather than to medicate and she’s passionate about teaching people how to live longer, stronger, healthier and happier.

### **More about Dr Helena Popovic:**

Dr Helena Popovic graduated from the University of Sydney. She is the Founder of the Centre for Excellent Health and Ambassador for The Gut Foundation of Australia. Her book *NeuroSlimming* won a Bronze medal in the international Living Now Awards for its contribution to positive global change.

A strong media identity, Dr Helena Popovic is frequently interviewed for television, radio and print, and she presents *Healthy Bites* on ABC radio Brisbane and Gold Coast.

In 2012, Dr Helena Popovic won the NSW Professional Speakers Association Lightning Talk Competition. In 2017, she was a finalist at TEDxSydney’s Fast Ideas competition.

### ***Dr Helena Popovich talks about:***

- Boost your brain
- Turn stress into success



- Peak health for peak performance
- Master your mind
- Elevate your energy
- Come alive and thrive
- Live longer, stronger, healthier and happier
- The gut brain revolution
- The X factor for excellence
- The 7 habits of highly healthy people
- Mission SlimPossible

## Client testimonials

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“ I just want to thank you for your wonderful talk at our Gala Dinner last Friday night. The feedback was sensational - everyone loved it. It was relevant, interesting, inspiring and funny! I know that our executive team and board members enjoyed it, too. So, thanks so much and I hope to see you again.

- **BioCeuticals**

“ We were so pleased to have Dr Helena Popovic present the closing keynote session at our Independents' Day conference. The audience of around 300 business owners were glued to their seats in one of the finest presentations I have seen in years. Helena is skilled, highly polished, engaging and eminently practical in her delivery. Thank you!

- **Robert Gerrish, Founder of Flying Solo**

“ Just a quick note to let you know how much I enjoyed your seminar yesterday on Boosting Your Brain at Queensland Police Headquarters. Fantastic is the one word I can say. Great, straight-shooting advice and very practical. I heard as I left the conference room many staff saying the how fabulous you were and how life-changing your message. I believe you were very inspirational to all who were there and gave many that extra they were looking for in their life.

- **Queensland Police Service**

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