

Dr Ginni Mansberg

Trusted Health and Wellbeing Specialist, Keynote Speaker & MC

Voted Australia's most trusted healthcare professional, "Sunrise GP", Ginni is a medico with more than 25 years of experience and a specialist in all things women's health, menopause, parenting, skin, and preventative health.

Dr Ginni Mansberg is Channel7's resident GP on Sunrise and The Morning Show, was the host of Channel9's Embarrassing Bodies Australia, and expert on SBS's Medicine or Myth. She's the author of six



books, including best seller "The M Word-How to Thrive in Menopause" and "Save Your Brain" and a recognised speaker, podcast host and creator.

Ginni delivers easy to understand, scientifically validated health advice, all delivered without judgment and with her customary sense of humour. She's a popular choice for content and campaign partnerships, broadcast opportunities and presenting.

Having completed a Graduate Diploma of Journalism at UTS, she is also a best-selling author and has worked extensively as a medical journalist, contributing regular feature articles and columns for a range of consumer and trade publications.

Ginni talks about:

The Future of Healthcare

Healthcare is moving rapidly. From personalisation to artificial intelligence. It feels like each day brings more advances and disruptive breakthroughs. What will healthcare look like in 10 years? Ginni unpicks the data and looks into her crystal ball to share her predictions.

Great Myths of Women's Health

Left off medical studies, excluded from medical decision making, women's health has been rife with rumours, misinformation and stigma. But women are taking the power back and getting armed with the facts. Time to disrupt women's health and give women the upper hand to tackle their health needs.

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Save Your Brain

Our knowledge about getting the most out of your brain has come along in leaps and bounds recently. The latest data from the author of Save Your Brain about maximising your brain's output and keeping it younger for longer.

Brain Connections

How does depression impact your brain? Why does what you eat control your memory? Why do hurtful memories last longer and even travel through the generations? Your brain connections decoded and how to get the most out of them.

Switch On Your Health Bs Radar

How to spot good info from bad. Who to believe and at the heart of every conspiracy theory is there a tiny kernel of truth?

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