



Ellen Koehler

**The Catalyst for Workplace Wellbeing
that Makes Not Taking Action, Not an Option.**

SPEAKER KIT



Whealthiness

Why Ellen

Ellen's outgoing American personality, combined with Swiss precision, motivates us to go from knowing what to do to actually doing it. Nobody leaves one of her talks without a new habit or thought ready to put into action.

Ellen addresses workplace wellbeing from a holistic, results-driven place, including everything from nutrition and exercise to relationships and DEI initiatives. She inspires with empowering energy that makes not taking action - quite simply - not an option!

What to expect

- Training & presentations will be professionally prepared and dynamically delivered, customized to focus on achieving the outcomes you want with your audience.
- Speeches will be customized to suit your theme.
- Hosted events will be fun and high-energy, keeping the crowd engaged.
- A personal consultation prior to your event, so we can better understand how they can best serve you and your audience.
- Prompt, professional replies to your phone calls and messages.

ABOUT ELLEN

Speaker and Motivator

So often, we know what to do about our wellbeing, but how many of us are actually doing it?

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Advisor and Consultant

With over 30 years of experience as an external and internal senior consultant in dozens of multinational organizations, Ellen serves as a strategic business partner for Boards, Committees and Executive Leaders.

She brings a global view and a multi-cultural voice to everything workplace wellbeing.

She advocates co-creating the organizations needed to attract, inspire, and retain the best people possible while supporting health and wellness coaching as a means to doing so.

Author and Writer

Ellen's bestselling debut book, [Wake-Up, Shake-Up, Thrive!](#), is a unique wake-up call designed to inspire the 50+ generation to grasp the modern ageing paradigm before it's too late, to shake-up mindsets to embrace the years ahead, and to offer vision, tools, tips and guidelines to thrive NOW.

She publishes regularly for multiple renowned international publications.

Beyond writing about workplace wellbeing, recognizing that nearly 1 in 3 people in the world is over 50, Ellen confronts demographic challenges at both the individual and the organizational level.





TESTIMONIALS

"There are dynamic speakers who can provide a great story and offer basic levels of insight but cannot be counted on for expertise. Then there are speakers like Ellen who you can count on for energy, engagement, and provide you with profound insight that will help you activate change, but this insight comes with her deep commitment to being well versed and engrained in her skills and understanding of the work she is doing." - Chuck Gillespie, CEO, National Wellness Institute



"Ellen is an exceptional and motivational speaker, bringing lots of passion, insights and a high level of energy to the session. Our employees loved her engaging approach, interactive and personalized sessions and willingness to bring us to the next level. I can highly recommend Ellen." - Christiane Kempers, Director Global Communications Biosimilars at Fresenius-Kabi



"Great facilitators with strong knowledge in their area of expertise." - Marie-France Tschachtli-Blanc
Director, Senior HR Business Partner Credit Suisse

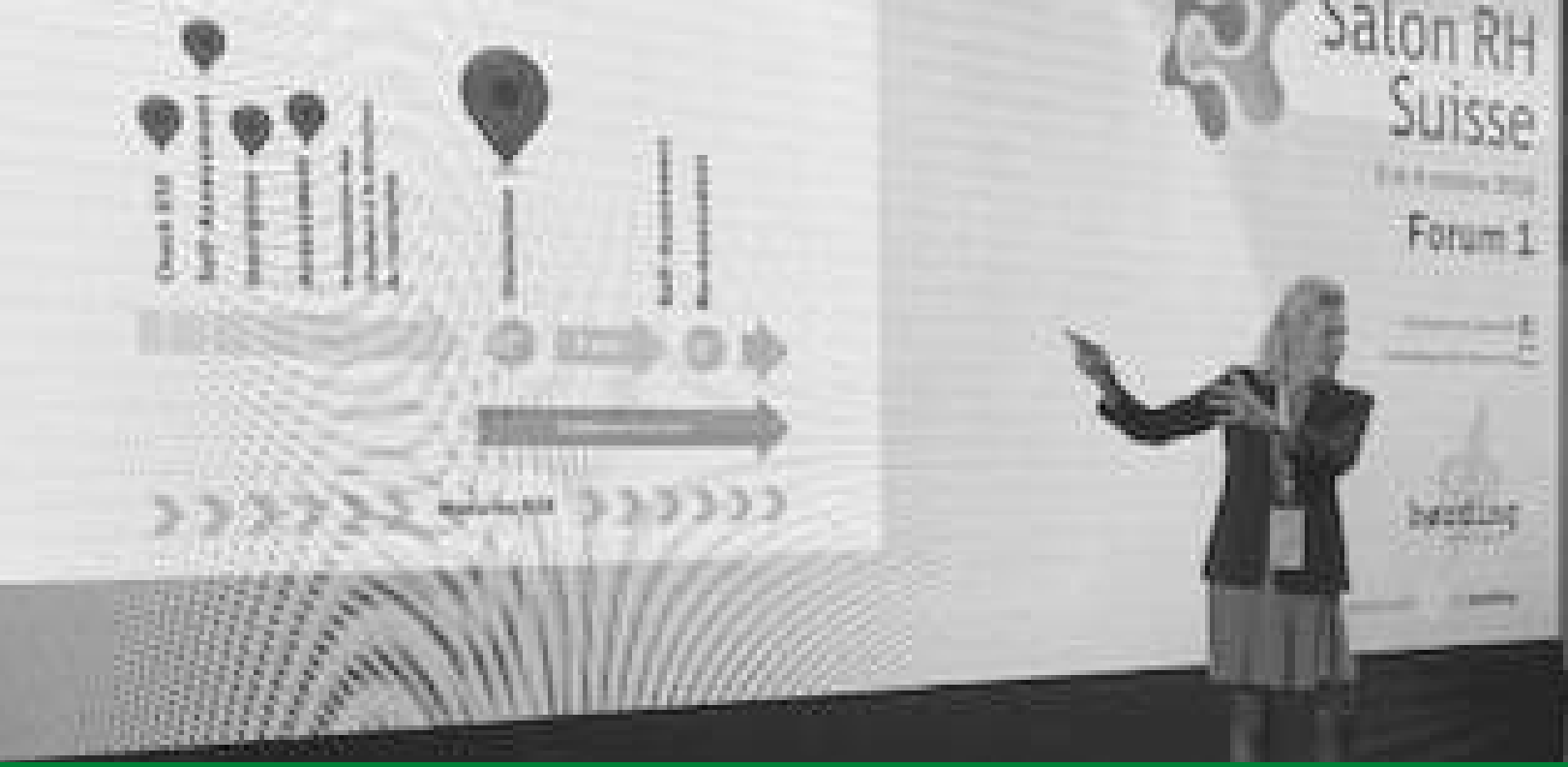


"Ellen Kocher is a truly engaging speaker who delivers passion and wisdom with a boundless energy that holds her audiences' attention. Ellen leaves her audiences inspired and motivated to take action!" - Izabella Natrins, BSc PSYCH Dip NLS (IHS) UKHCA
BSLM, CEO UK Health Coaches Association monial



"Ellen is an energetic and engaging speaker with an enormous depth and breadth of knowledge in the health and wellness field. Her ability to connect and create relationship with an audience online is a true gift." - Dr. Katrina Gisbert Tay, Executive and Wellness Coach | Founder & Director at The Authenticity Institute





POPULAR KEYNOTES

The Why, What, and How of Workplace Wellbeing Today!

By now, most employers know that a healthy workforce is happier, more productive with less absenteeism and lower costs. Covid19 heightened general health concerns and raised awareness of the importance of investing in employee wellbeing and resilience.

However, many employers fall short of offering a comprehensive well-being program. In this keynote, learn what's missing in yours and what you can do about it now.



POPULAR KEYNOTES

Gearing up for Workplace Stress

Stress has proven to have a very real impact on the health and productivity and has been called the “health epidemic of the 21st century” . This session sheds light on the impact that nutrition, physical activity, sleep, and tech-life balance, have on our capacity to manage stress. Participants will leave with simple yet powerful tips to implement immediately.



POPULAR KEYNOTES

Time to Grow Up! Managing an Ageing Workforce

Today's demographics mean a projected lifespan of well over 80 years. Global aging requires us to re-think traditional "retirement" programs which focused only on finances. This keynote is a wake-up call to shake up mindsets and change the conversation around ageing so that individuals and organizations can thrive.



TALKING POINTS

- Workplace Wellness
- Resilience
- Tech-Life Balance
- Nutrition
- Mindful Eating
- Body Movement
- Sleep and Recovery
- Menopause/Ageing

FEES

Ellen's speaking fees vary depending on topic, duration and audience size. Please inquire for exact rate.

FEES ARE CUSTOMIZABLE AND NEGOTIABLE

Additional Considerations:

When deciding to book Ellen, here are some additional things to consider in your budget for each of them.

- Event Admission tickets
 - Airfare
 - Ground Transportation/ rental car
 - Meals & Gratuities: Per diem \$100/day
 - Hotel Accommodations
 - 4-star hotel or higher
 - Ground transportation to hotel
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TO BOOK

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Ticking Your Well Being Box