

A BETTER ME

KEYNOTE TALK WITH CAMILLA THOMPSON



Comparing yourself to others or trying to be that perfect version of yourself is a recipe for exhaustion, disappointment and an open invitation to your self-critic. Sadly, for many of us wellbeing has become just another overwhelming task that we beat ourselves up for not achieving.

A Better Me delivers science backed, tried and tested Betterment skills to help you feel, think, live, connect, work and lead better without the pressure of perfection, because better is enough.

The Betterment approach to wellbeing encourages you to know and treat yourself better and empowers hope, hope for a better day, a better week, year and world.

Learn how taking even the tiniest of steps towards your version of 'A Better Me' will set you up for a happier, healthier and more productive life.

Camilla is an expert health and wellbeing coach with over 10 years experience working with corporates. Her business Select Wellness, designs and delivers bespoke mental health and wellbeing programs for organisations.

To book 'A Better Me' talk, a more realistic, lighthearted and effective approach to wellbeing, please contact camilla@selectwellness.com.au.

Testimonials

"Heartfelt, vulnerable, funny and engaging"

"Such a positive talk, loved Camilla's energy and passion"

"Informative, fun and so many practical things to take away"

"Well presented and appreciated the personal anecdotes"