



Dr Helena Popovic



DR HELENA POPOVIC MBBS

PEAK HEALTH FOR PEAK PERFORMANCE

Since graduating in medicine from the University of Sydney in 1995, Dr Helena Popovic has been paving the way for a new paradigm in peak health and peak performance.

A specialist in brain plasticity and lifestyle-based diseases (which account for over 80% of all cases presenting to GPs) Helena shows both men and women how to achieve excellence in every area of their lives – through education, not medication. Helena combines her experience as doctor, researcher, Lifeline counsellor and fitness instructor to deliver sophisticated messages with common sense practicality and infectious energy.

Helena is a sought-after media contributor, speaker and workshop presenter for medical conferences, industry conventions, corporate events and business seminars. She also runs public programs throughout Australia.

Her most popular presentations include:

1. Boost Your Brain – and Get Ahead
2. Master Your Mind – and Master Your Life
3. Peak Health For Peak Performance
4. Come Alive and Thrive – in every area of your life and business
5. Turn Stress Into Success
6. The X-Factor For Xcellence

Helena also runs a weightloss program called 'Mission SlimPossible – Licence to Lose'.

For further information, please log on to Helena's website at www.helenapopovic.com

Her popular blog "What's Up Doc" and question and answer column "Prescriptions" have amassed a strong following of people keen to improve their health and achieve peak performance.





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PRESENTATION OVERVIEW

Every presentation is tailored to address the specific requirements and desired outcomes of each individual audience. A few sample topics are listed below.

1. Boost Your Brain – and Get Ahead
2. Peak Health For Peak Performance
3. Come Alive and Thrive – in every area of your life and business
4. Turn Stress Into Success
5. The X-Factor For Xcellence

1. BOOST YOUR BRAIN – AND GET AHEAD

Most people work on building up and boosting their financial assets. But how many of us work on building up and boosting our greatest asset: **our brain?**

The emerging field of neuroplasticity has shown that our brain can change its own structure and function. It can grow new cells, new circuits and new connections in response to what we do, what we think and how we behave.

We are far more than passive victims of our genes: we play an active role in how our brain develops throughout our entire life. However most of us are yet to realise the enormous personal power this gives us.

For our brain to stay healthy and operate at its best, we need the right nutrition, rest, stimulation, challenge and reward. It also requires that we take charge of our thinking, since our thoughts play an integral role in wiring our brains for optimal health and performance.

This presentation distils the essence of the neuroplastic revolution and gives practical suggestions that can be implemented immediately to improve the functioning of our brain. By applying this knowledge, we can:

1. tap into brain potential we never knew we had
2. sharpen our thinking
3. improve our concentration and memory
4. expand our creativity
5. increase our capacity for learning and problem solving
6. reduce our risk of developing depression, anxiety disorders and Alzheimer's disease
7. prevent the cognitive decline we've mistakenly believed was inevitable with ageing
8. perform at our peak on a daily basis
9. achieve far more than we ever thought possible



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2. PEAK HEALTH FOR PEAK PERFORMANCE

This fast-paced, information-packed presentation doesn't pull any punches.

Everyone wants to be healthy and it's obvious that peak performance requires peak health. *But it isn't happening.* Australia has overtaken America as the fattest and unfittest nation in the world. A title we don't want to hang on to.

Moment by moment we're making choices that either improve our health or strain our health; that either lift our performance or lower our performance. This session reveals the often-surprising consequences of our choices and how to start choosing for success.

In this session participants will discover:

1. what peak health actually means and why it matters
2. how to take charge of their own health and performance
3. the small things that make a big difference
4. the big things that make a big difference
5. how to create and sustain a dynamic workplace culture which actively supports everyone's health and wellbeing
6. how Australians can go from fattest to fittest nation on the planet

It's a team effort and everyone needs to pull their weight.

Fortunately, listeners will be fired up for action as soon as they leave the room.

3. COME ALIVE AND THRIVE

This highly motivating presentation reveals the key steps to a life of boundless health, vitality and happiness. Having vibrant health and abundant energy enables us to bring the best of ourselves to the people we love and the things that we do. Yet the current pace, pressures and demands of life, are actively working against us being healthy.

A healthy lifestyle is viewed as taking up too much time, effort and energy in an already over-stretched existence. Not to mention the confusing and contradictory advice about what it actually takes to be healthy.

The good news is that great health is not only readily achievable, it's exhilarating, energising and time-saving. Contrary to popular belief, a healthy lifestyle is not rigid, restrictive or gruelling; a healthy lifestyle is enlivening, uplifting and liberating. It's about waking up and truly feeling alive, connected and fulfilled.



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4. TURN STRESS INTO SUCCESS

Stress is an inevitable part of life.

Intermittent, mild stress is not a bad thing. It assists in building up our resilience and it can switch on our adrenal glands to release performance-enhancing chemicals. However chronic or severe stress has a detrimental effect on our performance as well as on our immediate and long term physical, mental and emotional health. Unchecked stress erodes our brain and is a contributing factor in every major disease we suffer.

Turn Stress Into Success teaches you to do exactly that on two levels. First, it gives you strategies to fortify your mind and body so that you're less likely to experience negative stress in the first place. In other words, you learn how to raise your stress threshold. Second, it provides the steps to deal with stress when you're in the middle of it – so that you not only survive but thrive.

5. THE X-FACTOR FOR XCELLENCE

The X-Factor is for individuals and organisations who want to achieve Xcellence – in business, in performance and in reputation.

Aristotle said "We are what we repeatedly do. Excellence then is not an act but a habit."

This presentation delivers the habits of mind and body which allow us to Xperience Xcellence on a daily basis. Knowing and implementing The X-Factor enables us to feel better, work better, play better, live better.

CONTACT DETAILS

For further information and more details about her programs, please visit Helena's website:
www.helenapopovic.com

For enquiries and bookings please email: support@helenapopovic.com
Or phone Jillian Kingsford Smith on 0408 877 344.