



Aileen xx

I'm Aileen Smith, also known as The Health Heroine.

My passion is to help people have more energy, so they can live life to the full inside and outside of their businesses.

As a Corporate Wellbeing Consultant and Nutritional Therapist, I work with leaders of small and large businesses and their teams (1:1 or in groups, both live and online).

I love to help people to find an easy and smart way to be healthy in business.

key topics:

energy | resilience | leadership lifestyle |
avoiding business burn out

- The impact of today's business culture leads us to live a 24/7 lifestyle, we rarely switch off, we're always available and work merges with home life.
- The danger of this 24/7 lifestyle is it leads to CHRONIC STRESS resulting in energy depletion, triggering chronic illnesses in the long-term and potential for adrenal fatigue and burnout.
- Failing to BE TOP AT THE OF YOUR GAME at whatever stage you are in business e.g. start up, established and successful or ready to exit, may lead to poor performance and lost business opportunities.
- The resounding benefits of putting personal health on your business agenda:
 - Avoiding RUNNING ON EMPTY
 - Being the BEST ADVERT for your business
 - Building CAPACITY and RESILIENCE for the unexpected: The GOOD stuff and the BAD stuff
 - Fuelling High Professional Performance

typical questions I'm asked:

1. What can I easily do with my food choices to help me have more energy?
2. Do I have to follow your healthy living advice 100% of the time to feel benefits?
3. What are the typical reasons people find it difficult to put a healthy living plan into place?
4. What if someone has implemented everything and they still have low energy?
5. What are the common challenges people face in having a healthy business lifestyle?
6. Why is it worth doing all this – what is the return on investment?
7. What are the typical 'heading for burnout' signs and what would you suggest?

media pack:

websites:

www.thehealthheroine.com

www.thehealthheroinenutritionclinic.com

<http://thehealthheroine.com/blog/>

recent guest appearances:

podcast interview:

[Rosie Tait and the Health Heroine on Mainstream Support for Ayurvedic Traditions](#)

www.pascalfintoni.com Guest on VLOG

Andrew and Pete (Guest interview on ATOMIC member site)

www.andrewandpete.com

blog post interview:

[With Angela Steel of SuperWellness](#)

guest speaking:

NE Expo

CIPD Big Event Tees Valley

125 Ladies

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