



# LOZ ANTONENKO

**SPEAKER KIT 2024**



## ABOUT

# LOZ ANTONENKO

I'm a **Healthy Habit Coach** and I'm here to help you **GET THE F\*CK UNSTUCK!**

Harnessing the transformative power of daily routine and habits, it's my mission to help busy people upgrade their happiness, health and vitality to take them from stuck to unstoppable.



## KEY ACHIEVEMENTS

### BATTLED CHRONIC HEALTH CONDITIONS

Loz lived with multiple autoimmune disorders and pain but has learned to manage these through daily habits.

### BUILT MULTIPLE 6 & 7 FIGURE BUSINESSES

An entrepreneur at heart, Loz has founded several highly successful businesses and has failed forward on many occasions towards a vibrant life of joy through service

### WROTE A BOOK

Crafting a practical guide on how to encourage happiness, health and vitality, Loz's book follows her journey from stuck to unstoppable with her blueprint

### OVERCOME LIFE'S GREATEST CHALLENGES

A sense of loss and grief have been recurrent themes in Loz's life however she continues to live through inspired action and positivity, daily.

### ENJOYED & CELEBRATED SUCCESS

Loz has been recognised as a leader and coach through multiple accolades, including local, state and national awards.

**KEYNOTE**

**SPEAKER**



## TOPIC 1:

# THE POWER OF HEALTHY HABITS

This engaging presentation explores the transformative potential of optimising eating, breathing, sleep, movement, and hydration habits. Attendees will learn how small changes in these foundational areas can have a significant impact on their performance, well-being, and overall quality of life.



## KEY POINTS

### THE INTERCONNECTEDNESS OF HABITS

How improving one area of habits can positively influence others.

### NUTRITION FOR SUSTAINED ENERGY

The role of balanced meals, nutrient-dense foods, and mindful eating in maintaining optimal energy levels.

### BREATHING FOR FOCUS & RELAXATION

Practical exercises to enhance mental clarity, manage stress, and promote overall well-being.

### THE POWER OF QUALITY SLEEP

Strategies for improving sleep hygiene, enhancing restorative sleep, and boosting cognitive function.

### THE POWER OF MOVEMENT & EXERCISE

Tips for incorporating physical activity into daily routines to boost productivity, creativity, and mood.

### HYDRATION & PERFORMANCE

Understanding the impact of proper hydration on cognitive function, energy levels, and overall health.

## TOPIC 2:

# BUILDING RESILIENCE

This empowering talk delves into the concept of resilience and equips individuals and teams with practical strategies to navigate challenges, setbacks, and demanding environments. Attendees will gain insights into building their mental and physical resilience to thrive in both personal and professional realms.



## KEY POINTS

### UNDERSTANDING RESILIENCE

Defining resilience and its significance in overcoming obstacles, adapting to change, & maintaining well-being.

### STRATEGIES FOR MANAGING STRESS

Tools and techniques to effectively cope with stress, including mindfulness & stress-reducing habits.

### DEVELOPING A GROWTH MINDSET

How cultivating a mindset of growth & resilience can enhance problem-solving & foster adaptability.

### BUILDING PHYSICAL RESILIENCE

The role of exercise, nutrition, & self-care practices in bolstering physical resilience & managing energy levels.

### CULTIVATING EMOTIONAL WELL-BEING

Exploring emotional intelligence, self-awareness & self-care as vital components of mental well-being.

### NURTURING SOCIAL NETWORKS

The importance of connection, community & support in building resilience & bouncing back from challenges.

## TOPIC 3:

# FINDING YOUR MOJO

This inspiring presentation focuses on helping individuals rediscover their motivation, reignite their creativity, and reclaim their enthusiasm. Attendees will gain practical strategies to tap into their inner drive and unlock their full potential in both personal and professional pursuits.



## KEY POINTS

### UNDERSTANDING MOTIVATION

Exploring the science of motivation and uncovering key factors that influence drive and passion.

### OVERCOMING MOTIVATION SLUMPS

Strategies for overcoming common barriers and revitalising motivation during challenging times.

### REIGNITING CREATIVITY

Unleash creativity & embrace a growth-oriented mindset to generate fresh ideas & innovative solutions.

### GOAL SETTING AND ACTION PLANNING

Set meaningful goals, breaking them down into actionable steps & stay motivated

### CULTIVATING A POSITIVE MINDSET

The power of positive thinking, self-talk, and visualisation in boosting motivation and self-belief.

### LEVERAGING STRENGTHS & PASSIONS

Identifying personal strengths, aligning them with passions & utilising them to fuel motivation & fulfilment.

**TOPIC 4:**

# **ENHANCE WORKPLACE WELLNESS**

This informative talk explores the critical role of worker well-being in fostering a productive and thriving work environment. Attendees will gain practical insights and strategies to create a culture of wellness within their organisations, leading to improved performance and employee satisfaction.



## **KEY POINTS**

### **THE BUSINESS CASE FOR WORKPLACE WELLNESS**

Understanding the benefits of investing in employee well-being, including increased productivity, reduced absenteeism, and improved morale.

### **PROMOTING WORK-LIFE INTEGRATION**

Strategies for fostering work-life balance, promoting flexible work arrangements, and encouraging self-care

**TOPIC 5:**

# **CULTIVATE A THRIVING MINDSET**

This insightful presentation delves into the power of mindset in driving performance and success. Attendees will discover practical strategies to cultivate a growth-oriented mindset, enhance resilience, and unleash their full potential in personal and professional domains.



## **KEY POINTS**

### **THE IMPACT OF MINDSET**

Understanding how mindset influences thoughts, emotions, & behaviours & its role in shaping outcomes.

### **EMBRACING A GROWTH MINDSET**

Develop a mindset that sees challenges as opportunities for growth & embraces a continuous learning mindset.

### **OVERCOMING LIMITING BELIEFS**

Strategies for identifying and reframing limiting beliefs that hinder personal and professional progress.

### **DEVELOPING SELF-CONFIDENCE**

Tips for building self-confidence, leveraging strengths, and embracing a positive self-image.

### **THE POWER OF VISUALISATION**

Exploring the benefits of visualisation techniques to enhance performance, goal attainment & overall success.

### **RESILIENCE & ADAPTABILITY**

Tools to bounce back from setbacks, navigate change, and embrace a resilient mindset.





***SHORT & FULL-DAY***

***WORKSHOPS***

**EXPLORE**

# **SHORT WORKSHOPS**

These open level short-courses are delivered over two-hour sessions, either online or in person. The workshops are structured around learning objectives and all participants are provided with workbooks and handouts to support their learning experience.

## **OFFERING**

### **MINDFULNESS FOR BUSY PEOPLE**

Participants learn how to fit mindfulness practices into their busy schedules, both at work and in their private life.

### **DIGITAL WELLBEING**

Participants will become aware of the risks and maximise the benefits of digital technology in relation to their well-being.

### **MENTAL HEALTH & WELL-BEING FOR EMPLOYEES WORKING FROM HOME**

Participants will learn how to manage and improve their well-being and/or supervise/support employees who work from home.

### **SMART GOALS**

Participants will learn how to set SMART goals and ensure that their goals align with the company's goals as a whole.

### **MENTAL HEALTH AWARENESS AT WORK**

Participants will learn to recognise potential signs of distress in other members of staff.

### **MENOPAUSE AWARENESS AT WORK**

Participants, especially male managers, will better understand how they can support those going through menopause.

**EXPLORE MORE**

# **FULL-DAY WORKSHOPS**

These open-level courses are designed to be delivered over a full-day format; however, they can be broken down into 1 or 2-hour modules to be delivered on different days, either online or in person. The workshops are structured around learning objectives, and all participants are provided with workbooks and handouts to support their learning experience.

## **OFFERING**

### **LIFE PLANNING & GOAL SETTING**

In this full-day session, participants will learn to focus on what matters to them in life and achieve positive change.

### **SELF-CONFIDENCE BUILDING**

This full-day workshop will help participants understand how to build their confidence and self-esteem and teach them confidence-building strategies.

### **BUILDING RESILIENCE IN THE WORKPLACE**

This full-day course aims to help participants develop resilience-boosting attitudes and to understand how their personal resilience can be applied to the workplace.

### **INTRODUCTION TO MINDFULNESS**

This fun and interactive full-day workshop introduces mindfulness through group sharing and discussions and provides simple ways to use meditation.

### **STRESS MANAGEMENT**

In this full-day workshop, participants will learn to deal with and manage stress by using strategies to either reduce the causes of stress or relieve stress when it cannot be avoided.

### **TIME MANAGEMENT**

Delivered as a full-day workshop, this session will allow participants to explore their use of time and how it impacts their work and life balance.



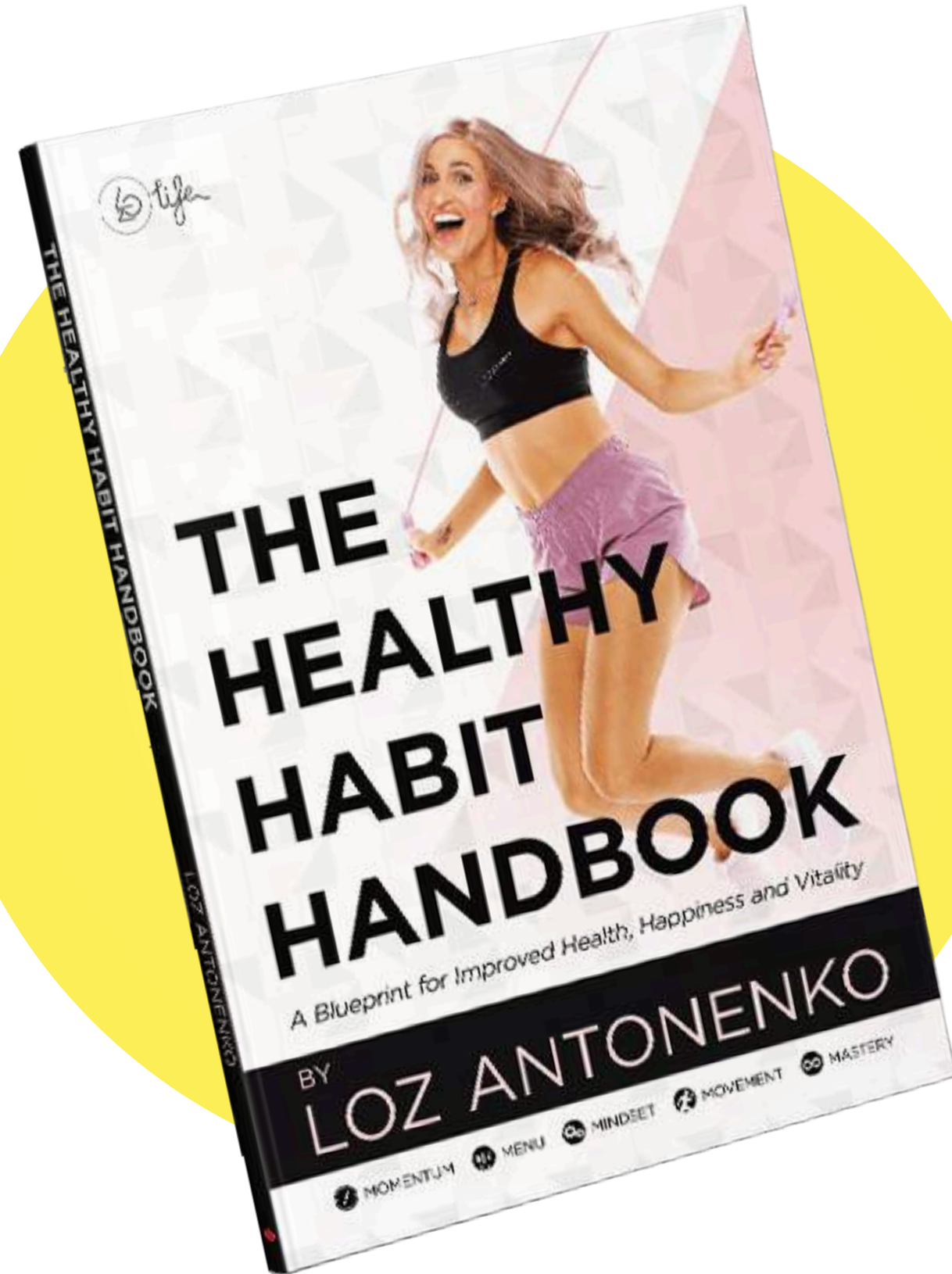
**MY BOOK**

# ***THE HEALTHY HABIT HANDBOOK***

Do you find that with all of the health and diet information available, it is hard to decipher how to put it into practice? Are you so busy trying to juggle work, family, relationships, and health – that you have become stuck?

The Healthy Habit Handbook will guide you through the hurdles and lead you through a blueprint to living your life to the fullest. Learn loving-kindness, meaningful motivation and a heartfelt commitment to creating positive lifelong habits.

More than just a book, The Healthy Habit Handbook is designed with added tools and access to resources to guide you towards success.





## MY BOOK

# GET THE F\*CK UNSTUCK

Have your unhealthy habits ever held you back? Do you feel like you're driving through life with the handbrake on? Now is the time to release that handbrake and gain momentum, moving from stuck to unstoppable.

"Get the F\*ck Unstuck" is a BS-free guide designed to help busy people like you break free from debilitating habits and embrace a life of unbounded potential—without overwhelming changes.

Through the Healthy Habit Hierarchy, master the skills to enhance your health, develop a resilient mindset, and conquer life's challenges. This book doesn't just inform—it transforms.



**MY**

# **SHOWREEL**

Loz is a dynamic and captivating speaker who brings expertise and a fresh perspective to every stage. With a passion for empowering individuals and organisations to unlock their full potential, Loz is a sought-after speaker renowned for their ability to inspire and motivate audiences. Drawing from her extensive background in the health and wellness industry, Loz delivers impactful and thought-provoking presentations that leave a lasting impression. Through engaging storytelling, interactive exercises, and practical insights, Loz provides actionable strategies to overcome challenges and succeed in today's rapidly changing world.

**WATCH SHOWREEL**



**SEE PAST EVENTS**



## LOVE FOR LOZ

# TESTIMONIALS

Having Loz Antonenko as our guest speaker at The Brunch Club was an absolute delight and an inspiration. Her presence captivated the audience from the moment she took the stage.

Loz's journey as a healthy habits coach, speaker, author, and multi-award winning entrepreneur shone through her every word. Her passion for empowering others to transform their lives was evident in her every gesture and story. She shared her personal experiences and challenges with such vulnerability that it created an instant connection with the audience.

Loz's authenticity was refreshing. She didn't sugarcoat her journey but embraced the ups and downs, demonstrating the resilience and determination needed to overcome obstacles. Her honesty resonated deeply, leaving us feeling motivated and inspired to embrace our own unique paths.

The energy she brought to the event was infectious. Loz's enthusiasm was contagious, and she effortlessly commanded the stage, keeping everyone engaged during her talk. The guests experienced a full spectrum of emotions, there were goosebumps, tears, and laughter throughout the room. Her ability to infuse humour and personal anecdotes added an extra layer of relatability, making the session not only insightful but also highly entertaining.

As a healthy habits coach, Loz Antonenko possesses a wealth of knowledge and expertise. She expertly conveyed practical strategies and tips for achieving a healthy lifestyle, leaving the audience equipped with actionable steps to implement in their own lives.

Loz Antonenko's presence at The Brunch Club was nothing short of exceptional. Her authenticity, energy, rawness, and incredible journey left an indelible mark on all attendees. I am grateful for the opportunity to have had Loz as our guest speaker, and I wholeheartedly recommend her to anyone seeking a dynamic and inspiring speaker who can truly make a positive impact.

**Lauren Bryant**  
**Empower House**

I recently attended Loz Antonenko's "Find Your Mojo" workshop and was blown away by the experience. Loz's energy, personal anecdotes, and genuine care for improving our lives were truly inspiring. She shared her "Hierarchy of Health" to help us transition from feeling stuck to becoming unstoppable.

Since the workshop, I've been motivated to make small daily changes in my eating, sleeping, breathing, and hydration habits. Thank you, Loz, for your passion and guidance in improving our well-being.

**Camilla Thompson**  
**My Local Health & Grant Writing Simplified**



# ***ENQUIRY PROCESS***

Please use the QR code to ask your question or email [hello@lozlife.com](mailto:hello@lozlife.com), using the subject "Speaking Enquiry".

***ENQUIRE ONLINE***

