

ENERGISE YOUR WORKFORCE


with Lizzie Williamson

**Keynote/TEDx Speaker, Author of
The Active Workday Advantage,
Founder of Two Minute Moves**

**GOOD
MORNING
AMERICA**

Today





“Lizzie infuses practical and enjoyable methods that invite everyone to participate. Her dynamism sparks immediate inspiration, reminding us that small changes can revolutionise our lives.”

Lynne Stockdale, Learning and Development Manager, Dexus

Let's make a MOVE!

In today's fast-paced work environment, many of us find ourselves shackled to our desks, glued to screens, and drowning in a sea of tasks. This sedentary lifestyle not only takes a toll on our physical health but also dampens our productivity and mental wellbeing. The lack of movement throughout the workday leads to sluggishness, reduced focus, and ultimately, a decline in overall performance.

Lizzie Williamson's transformative approach seamlessly integrates movement into daily routines, enhancing both productivity and wellbeing. By incorporating simple (embarrassment-free) exercises and science-backed microbreaks into your workday, you can counteract the negative effects of prolonged sitting, boost energy levels, and sharpen cognitive function.

The Keynote: Get the Active Workday Advantage



Join the ranks of forward-thinking organisations working with Lizzie to create a MOVEMENT amongst their people and becoming an active workplace.



Lizzie's keynote is packed with innovative, research-backed strategies that go beyond the conventional. Discover unique, low-effort approaches to energise your team's daily routines, unlocking a world of enhanced positivity and productivity.

Lizzie's dynamic and captivating delivery style ensures that your audience isn't just hearing information – they're actively engaged, motivated, and ready to implement positive change. The result? A team that is not only inspired but also empowered to take charge of their wellbeing at work.

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With our people being our principal value creators, The Active Workday Advantage provides a blueprint for the future of work while illuminating the transformative power of an active workforce.

Nathan Knight, Vice President and Managing Director,
Hitachi Vantara Australia and New Zealand

The Energisers: Transform your audience experience



No matter how incredible the content, sitting for hours on a virtual or live event often leads to attendee fatigue, disengagement and an aching body. No speaker, client or event professional wants their audience to be struggling to stay awake, be distracted or uncomfortable.

Lizzie's personalized breaks are a creative, meaningful way to keep up attendees' energy and engagement throughout an event, conference or meeting. With just the right song themed to the event, for as quick or as long that fits your agenda, Lizzie gets audiences taking a fun moment to stretch, move, dance, meditate and more, leaving them pumped for what's ahead and raving about your event.

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I wasn't sure how the audience would react but they were up and out of their seats in no time. It's not just the moves though – it's how Lizzie explains why such simple (and joyous) movements and breathing techniques can completely change your energy throughout the day – something we can all use in the day-to-day stresses of life and work.

Em Hogan, Secretary, NSW Department of Customer Service

The Videos: Two Minute Moves



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The Two Minute Moves videos were incredibly well-produced, and the exercises were meticulously curated to support the physical and mental wellbeing of our people.

Davina Pellicano, Manager Health and Wellbeing, IGO Limited

Imagine a solution that redefines workplace wellness – where just two minutes can make all the difference to productivity and performance.

Enter Two Minute Moves, an achievable, science-backed approach to exercise that seamlessly integrates into your team's daily routine and meetings.

No need for extensive time commitments, awkward moves, or worries about disruption. With these videos, all you need is 2 minutes, designed with every body and workplace in mind.

Videos include BODY BOOSTS, MINDSET MOVES, CHAIR YOGA, MOOD BOOSTS, ENERGISER BREAKS, MEETING MOVES and many more.

Watch



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