



MIND BODY SOUL CORPORATE WELLNESS PROGRAM

Program Overview

A total package for caring employers. Develop, inspire and empower individuals and teams. This unique program covers every aspect for individuals to embrace today's fast paced and ever changing world. Fuel for the body, control of the mind and an acute awareness of surroundings are the key messages for our holistic approach to provide individuals with the skills to meet lifes challenges and risks head on. Be enthused and energised by this power packed session. Skills that make better people in the workplace and in life.

This unique program covers every aspect of our ability to cope in today's fast-paced and ever changing world. Bringing together fuel for the body, control of the mind and an acute awareness of our surroundings, our total holistic approach will provide you with the skills to counter life's challenges that will empower, enthuse, and energise you for work and for home.



Paul Walsh

Paul Walsh QSM has a fascinating story to tell. From his time in the elite special tactics group to international security consultant his career has been an intriguing adventure of dealing with critical incident situations around the globe.

As both a sniper and assault team commander he was part of many high-risk operations – some of which the detail is not publicly known. He was a key member of the assault team that found baby Kahu, he travelled to the Sydney Olympics to look after the Israeli athletes as part of a counter terrorism project. He has worked with the US Secret Service and led the team who first used explosives in a hostage rescue situation in NZ.

Working in the remote parts of East Timor saw him dealing with levels of inhumane violence, and he was then involved in the relentless but successful man hunt for the murderer of an Australian police officer in the Solomon Islands. It is these experiences that give him a unique view on the value of life in different parts of a violent world.

Moving into the world of private contracting he has seen a fair amount of adventure. From Africa where he was banged up for attempted murder, through to a helicopter crash in Afghanistan. In his working environment no two days were ever the same. Safeguarding VIP's in Kabul, Afghanistan and 36 hours later providing close protection to the rock band Metallica in Argentina.

Returning to NZ he left the Christchurch cathedral café twenty minutes before NZ worst natural disaster struck. He saw close up the devastation of natural disaster and peoples response in a crisis.

His training and career has centered on critical incident management and high-risk operations. Today he takes these skills and experiences and shares it with the private and corporate sector to educate and empower. He teaches an understanding of how risk exists all around us and that you are a contributing factor to a successful outcome.

Paul will keep you entertained with his back-story and NZ case studies whilst providing the audience with valuable insights on how to keep safe in an ever-unsafe world. His foundation message is simplistic;

“There is no greater skill you can acquire for your personal safety and security than having an appropriate and engaged level of situational awareness”

INDIVIDUAL SPEAKER OVERVIEWS AND SYNOPSIS OF CONTENT INCLUDED IN PROGRAM

Lance Burdett

Lance Burdett has 22 years of experience in the NZ Police and was heavily involved as a police crisis negotiator for over 13 of them specialising in suicide intervention. He learned the essential skills required to quickly engage with those who were at the very end of their emotions. Having trained in NZ, Australia, and with the FBI, Lance became New Zealand's top police negotiator. He ran numerous high-risk negotiations including the Napier Siege and the highly-publicised Paremoro prison hostage situation involving George Baker. Lance also worked at the highest level in the police 111 call centre where his communications and resilience programme formed part of their mandatory training for all emergency call centre staff.

Lance is now consulting and coaching on reducing stress-related issues in the workplace. Coupled with his strength in communicating in challenging situations, His sessions are informative, intuitive and delivered with humour to ensure an entertaining presentation. Lance has made numerous media appearances and published his memoir which quickly became a bestseller – Behind The Tape, gripping real-life stories from New Zealand's top police crisis negotiator.

“Thanks for the sessions that you ran. The team were buzzing which I can honestly say I've never seen before post a 'training' course. I can happily say your details have been passed not only to my colleagues, but also by my team to family and friends”
Scott Lumsden, Head of Registry Services, Wealth Operations Global, ANZ Bank.

“Lee-Anne is highly professional whether it is operating in corporate environment, fitness training or public speaking. She combines high learning agility with incredible work ethic and drive for results. Tells it like it is. Anyone thinking of engaging Lee-Anne for fitness or nutritional coaching or public speaking can do so confident that they are hiring one of the best.”
Carl Carrington, GM New Zealand at Sheppard Industries / Avanti Bicycle Company, New Zealand

Lee-Anne Wann

Refreshingly different Lee-Anne Wann is one of New Zealand's most trusted health, fitness & nutrition experts.

Lee-Anne currently runs a health and fitness consultancy business providing companies and organisations with health, nutrition and wellness solutions and content, she also runs a private nutrition practice and is the New Zealand Vodafone Warriors National Rugby league team nutritionist looking after over 100 athletes.

She is proud to be an Ambassador for Men's Health Trust New Zealand and Steptember New Zealand Cerebral Palsy Society. She is a regular columnist for many publications and currently writes for the New Zealand Herald.

During the past six years Lee-Anne has written three health and fitness books and is a regular speaker at corporate conferences, company workshops and executive retreats. She is upfront, honest and a straight talker who has a fun-loving approach that is inspirational and professional. Most importantly Lee-Anne has a genuine desire to inspire people to believe in themselves by focussing on the small things that truly make for great changes.

Lee-Anne has extensive accreditations in health and fitness and is currently completing a Bachelor's degree in Natural Medicine at the South Pacific College of Natural Medicine. Lee-Anne is constantly updating and refreshing her knowledge to ensure she is up-to-date with the latest trends, ideas and scientific research. Lee-Anne's approach is not fad based but one that recognises that our lives are complicated and busy.

