

WORKPLACE WELLNESS PRESENTATIONS

Isabella Ferguson

WHY I'M DIFFERENT

My first career as a litigation lawyer spanning 20 years at large law firms gave me a concrete understanding of the reality and stresses involved in trying to find a healthy balance when working in the corporate world.

That experience, along with my related public speaking skills, subsequent counselling certification, extensive coach training and busy burnout and alcohol reduction practice make me uniquely qualified to present on these topics.

My presentation approach is relatable, practical and motivating and I always infuse a little humour in my talks.

Corporate wellness doesn't have to be boring!

TOPICS

I customised my workshops and presentations. Some of my most popular topics include:

- Pre-empting Burnout
- Grey Area Drinking
- Beat Burnout & Booze Before it Beats You
- Mindful Drinking in the Workplace



CONTACT

I have 20 years experiencing presenting to lawyers, firms and clients plus facilitating and coaching groups.

Contact me for topic details and to discuss your group's needs and pricing:

Email: isabella@isabellaferguson.com.au

Website: www.isabellaferguson.com.au

QUALIFICATIONS

- Grey Area Drinking Master Coach
- This Naked Mind Coach
- Australian Counselling Association
- Recovered lawyer!

WORKPLACE WELLNESS PRESENTATIONS

Isabella Ferguson

TESTIMONIALS

Your presentation style is terrific Isabella and your energy kept us all engaged. The Q and A's were well answered and we are so pleased to have your expertise and lived experiences shared with such authenticity and professionalism. Congratulations and we will call on you again I am sure.

Simonette Vaja
Wellbeing Manager

The Law Society of New South Wales

Thank you again for your time today presenting for our Staying Well in the Law series.

I loved watching your presentation, it was really engaging, and we've had some tremendous feedback already from the audience.

Andrew Stelzer
Event Coordinator

The Law Society of New South Wales

Isabella Ferguson is an excellent presenter – very warm and engaging. The topic has the potential to catch people off-guard, but Isabella's manner invited participants to reflect on their alcohol use through a critical lens without being judgemental or preaching.

Isabella presented scientific information in a straightforward, easily digestible way, and made concrete suggestions about next steps. I think this presentation is useful and important for lawyers and any other busy, stressed and under-pressure professionals where similar risk factors are present.

Danielle
Lawyer

CONTACT

Contact me for topic details and to discuss your group's needs and pricing:

Email: isabella@isabellaferguson.com.au

Website: www.isabellaferguson.com.au