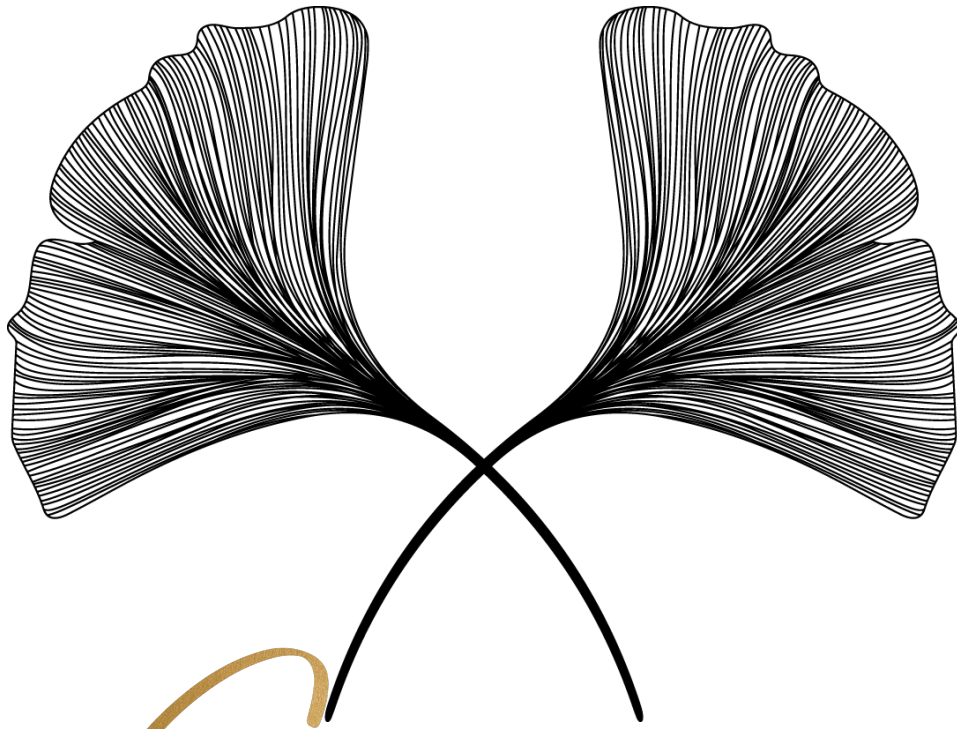


MEDIA KIT



Energy
FOR EXPERTS

YOUR HEALTH IS YOUR BUSINESS

MARIE-CLAIRE HERMANS - WWW.ENERGYFOREXPERTS.COM



SIGNATURE TALK

How do you power up your body and mind for a busy day at work? If you're like most professionals, you hit the coffee hard in the morning, plow through a meal at your desk around midday, and snack on something sweet to get yourself through the homestretch. How's that working for you?

If you fantasize hourly about curling up under your desk for a cat nap, or find that your brain is foggier than the Golden Gate Bridge at rush hour, your mood is playing tricks on you and your colleagues, energy expert Marie-Claire Hermans has some good and bad news for you.

First, the bad: You're not going to feel better -unless you do something about it.

Now, the good: Jump-starting your energy and feel-good is easier than you think.

In this fast paced and info-packed session, Marie-Claire will reveal her top three tactics for turning her clients into superheroes in the workplace, and beyond.

Are you ready to tap into more energy, more productivity and more focus than you've ever experienced before? Simply book her. Marie-Claire will take it from there...

YOUR HEALTH IS YOUR BUSINESS

"Food is not about food."
Marie-Claire Hermans

MARIE-CLAIRE HERMANS

energy expert, author, speaker



Marie-Claire Hermans founded energyforexperts.com, an online hub for experts who are looking to maximize their energy levels, lose weight without depriving themselves, and increase their self confidence through a living, plant-based diet and self-management. She's known for her exquisite signature style that makes a healthy lifestyle hip, hot, doable, attractive and accessible for everyone, even the busy skeptics.

With her unique concept she successfully teaches coaches, entrepreneurs, artists, speakers, leaders, influencers and mentors who are low on energy how to run their health like they run their businesses so they can work and live to their full potential.

Marie-Claire's services are available world wide through her online services and the latest technologies.

Marie-Claire as Keynoter

Marie-Claire is a high-energy, high-content speaker, leading her audiences with a dynamic, fast paced mix of very practical how-to information delivered with a high dose of inspiration, mindset and motivation. She educates, trains, entertains and "seduces" experts who live on the edge of stress to make doable changes in their habits, patterns and eating psychology. Her infectious energy and upbeat spirit will help you, your organization and its members to take charge of their wellbeing as part of their work day so they can gear up the quality of their productivity, life and happiness.

Experts, organizers & companies hire Marie-Claire for...

- conferences
- seminars
- summits
- radio interviews
- TV shows and magazines
- Mindset ateliers
- Pure Food Ateliers
- VIP intensives
- group training for team building
- private premium coaching

Book Marie-Claire: +32 494 31 35 39 - marieclaire@energyforexperts.com





WHY MARIE-CLAIRE IS PERFECT FOR EVENTS

Unique benefit points...

- ❖ Marie-Claire is one of only a handful of professional speakers whose business focusses solely on your personal wellbeing as the foundation of your business.
- ❖ You're looking for an energising and inspiring speaker in the productivity space, delivering a complete and different outlook on self-care and -management.
- ❖ Marie-Claire is the media's go-to person on how to solve energy issues with plant food, and has been featured on Belgian television and American radio.
- ❖ Marie-Claire writes for several health magazines and her articles have been featured worldwide.

Marie-Claire is a great fit any time you hear yourself, members or clients say...

- ❖ "I'm so tired I can't get anything done."
- ❖ "I need my coffee to get through the day."
- ❖ "I have no energy."
- ❖ "I don't feel like doing anything."
- ❖ "My plate is full."
- ❖ "I'm too fat to be on stage."
- ❖ "I can't watch myself on videos or pictures anymore."
- ❖ "I'm eating a LOT of crap!"
- ❖ "I don't have time to myself."
- ❖ "I'm so stressed out and anxious that I'm on anti-depressants."

The solution... MAXIMIZED ENERGY AND SELF-CARE FOR MORE PRODUCTIVITY

WHY MARIE-CLAIRE HERMANS?

Perfect audiences...

- ❖ Leaders who've lost their zest and are expected to lead by example
- ❖ Entrepreneurs who are burning out slowly but can't stop working
- ❖ Experts who don't have the energy to say "Yes!" to big opportunities
- ❖ High performers who experience physical/mental pressure of performing every day
- ❖ Professionals who are looking for more productivity for better work/life balance
- ❖ Companies who care for the health of their employees and business

SEMINARS, WEBINARS & ATELIERS



The following topics are available in 45 minute, 90 minute, half day, full day and 2-day formats for breakout sessions, online training and for ateliers/workshops. Please note that these are suggestions only, as topics and their content can be designed, assembled and matched to suit your audience's needs.

Let's discuss their self-care challenges and knowledge gaps, and I'll help you design the right training program.

All keynotes, trainings and programs are available in Dutch and English.

SIGNATURE TALK & TOPICS

❖ Your Health Is Your Business

Learn what 3 missing links are keeping you from working and living at your full potential and how to change that.

❖ Run Your Health Like A Boss

Learn how to run your health like you run your business with proven systems that make it easier for you to make healthy choices, even when you are traveling.

❖ How to Keep The Edge Off & Your Game On!

Make stress more manageable and eliminate anti-depressants by eating differently.

❖ How To Eat Yourself Sharp & Smart.

What to eat -guilt free- to shed pounds without depriving and frustrating yourself, make better decisions and achieve your full potential as an expert.

❖ VIP Mindset Atelier: Master Your Health Mindset

A minimum 3 hour (online or live) workshop that changes the way you think about the efforts of sustaining your wellbeing and that inspires you to build up a natural self-care flow that keeps you energised and on top of your game.

Book Marie-Claire

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Website	www.energyforexperts.com
Languages	Dutch and English

SHORT BIO FOR PRINT

Marie-Claire started approaching self-care for experts as part of their business after she saw how their excuses were keeping them in their own way and slowing them down. She now successfully teaches entrepreneurs, artists, speakers, coaches, leaders, influencers and mentors who are low on energy how to run their health like they run their businesses so they can maximize their energy levels, lose excess pounds without dieting, work and live to their full potential.

Her exquisite signature style makes plant food attractive and accessible for everyone, even the busy skeptics. The coaching programs she is offering include all of her life and personal experiences and skills, from elevating energy to life-changing evolutions, mindset and business development.

Marie-Claire lives in Belgium, -travels a lot back and forward to New York- and is mother of two adult children. She's an all-round woman. Her career was very varied, from remedial pedagogics to designing and styling in fashion, writing as a free lancer for magazines. She is the European coordinator of The Vanguard Jazz Orchestra and dedicated entrepreneur. Her passions are her loved ones, jazz, her double bass, living plant based food, health as a lifestyle, food photography, helping professionals, designing, organizing, her garden, nice clothes, styling and re-styling her clients after weight loss, writing, reading, studying, creating and a wide variety of interests from culture and architecture to fashion and haute-couture.



MARIE-CLAIRE HERMANS - ENERGY EXPERT

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