

MASTER OF CEREMONIES – Allied Health Leadership Day

ANNA LOUISE BOUVIER



Anna-Louise is the Executive Director and Creator of the multi award winning Happy Body At Work corporate wellbeing program. This Joint Venture with the ABC and has rolled out to over 30,000 people in organisations as diverse as Optus, the ASX, Minter Ellison, PwC, Vic Health, Lendlease, the University of Sydney and UTS.

She is also the creator and Exec Director of Physiocise, which over the past 20 years has taught over 66,000 classes to people with bad backs and wobbly bodies. She also consults to the Waratahs, Brumbies and Wallabies on overuse injuries.

She is a sought after media commentator and appears regularly on the ABC with James Valentine and on the Today Show. She is also an Ambassador for Steptember.

She was an expert on the ABC's Making Couples Happy and Making Australia Happy. She has released 3 DVD's and 3 best-selling books. She is an international corporate speaker and was a previous Australian Fitness Presenter of the Year, and appears in the Who's Who of Australian women.