

# Camilla Thompson

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***Biohacker, Longevity Expert, Nutritionist, Executive Coach, Wellbeing Coach & Behaviour Change Expert***

A nutritionist and integrative health coach for 10 years, her brand The Wellness Coach was a first of its kind 11 years ago.

Camilla Thompson is an active biohacker and longevity expert, executive wellbeing coach, ICF coach, author, keynote speaker, and facilitator and has studied epigenetics and neuroplasticity.



She regularly delivers talks at health retreats like Elysia and to corporates across Australia and New Zealand.

Camilla has coached many high-profile executives and leaders across varying industries.

She is a regular guest expert on Sunrise TV as well as being interviewed about Biohacking on many podcasts like Body & Soul's Healthy-ish. Camilla writes for publications like Women's Health, Women Love Tech and Food Matters.

Camilla founded MouldSafe last year, a company that offers mould testing and remediation as well as supporting people living in mould.

## ***Camilla Thompson Talks About***

- Wellbeing
- Mental Health
- Executive Coaching
- Health Coaching
- Behaviour Change
- Solution Focused Coaching
- Mental Toughness & Resilience
- NLP & CBT
- Stress Reduction
- Performance Coaching
- Productivity
- Positive Neuroplasticity
- Speaking & Presenting

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