

Camilla Thompson

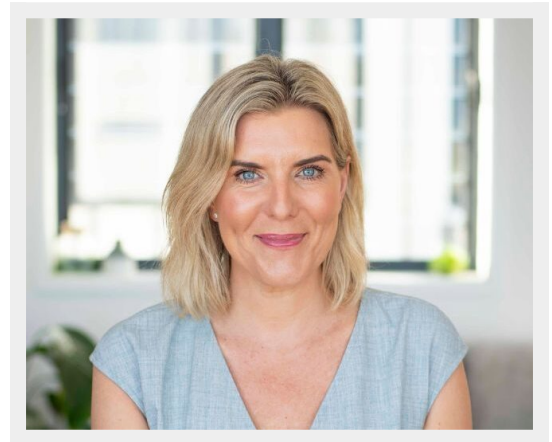
Nutritionist, Health & Wellbeing Coach and Behaviour Change Expert

Camilla Thompson is a Nutritionist, Health & Wellbeing Coach, Behaviour Change Expert, Longevity Coach, Biohacker and Keynote Speaker.

Camilla believes that most people are overwhelmed with wellbeing, most of us know what we should be doing but something is stopping us from doing it.

After juggling a career in media agencies while raising a young family, Camilla found myself experiencing significant burnout. This became her inspiration to becoming a wellbeing coach and the fire to pursue 10 years of behaviour change coaching to help support corporates to work more sustainably and prevent burnout.

Camilla's integrated style of coaching means she combines science-backed tools and techniques across Behaviour Change, Neuroplasticity, Epigenetics, Coaching and Nutrition and give practical and easy to implement strategies and habits.



What Camilla speaks 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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