

INTERNATIONAL KEYNOTE SPEAKER

HABIT RESEARCHER

WELLNESS ADVOCATE

DIETITIAN

AUTHOR

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DR. GINA CLEO



MEET

Dr. Gina Cleo

Dr. Gina Cleo is one of the world's leading experts in habit change and wellbeing. With a PhD in habit change, she's an Assistant Professor at Bond University, an Accredited Dietitian, and the founder of the Habit Change Institute.

Gina is passionate about turning cutting-edge science into simple, practical tools to transform productivity, health, mindset, and lifestyle habits—long-term.

Her research has been published globally, and she's been featured across **250+ media outlets**. Gina is a sought-after keynote speaker and panellist at national and international conferences.

In 2024, Gina released her best-selling book, *The Habit Revolution*, further establishing her as a leading voice in the field of habit change.



WORK WITH GINA

Gina is available for:

- Keynote presentations
- Workshops
- Content/program creation
- Brand partnerships
- Media campaigns
- Panel moderation or participation
- Consulting

To work with Gina, please contact:
hello@drginacleo.com



“Dr. Cleo was really engaging, even with an event online. It was wonderful working with her.”

Rebecca Hammond, Head of Development
Assistant Insurance Advisernet





KEYNOTES

GINA SPECIALISES IN CUSTOMISED KEYNOTE PRESENTATIONS AND MULTI-EVENT SERIES. OR SELECT FROM ONE OF THESE POPULAR TOPICS.

(04)

The Habit Revolution

The Key to Sustainable Success

Relying on willpower is like expecting your phone to last all day on 1% battery—it's just not sustainable. In this powerful keynote, Gina reveals why habits are the real key to lasting success. With science-backed tools and simple strategies, your team will learn how to break unhelpful patterns and build habits that boost productivity, wellbeing, and innovation. Perfect for creating lasting change—at work and beyond.

Unwired

The Science of Breaking Free from Unwanted Habits

From procrastination to people-pleasing, we all have habits we'd love to break—but willpower alone won't do it. In this engaging keynote, Gina shares the science behind why we get stuck in unhelpful patterns—and how to rewire them for lasting change.

Attendees will leave with practical tools to break free from habits that hold them back and build behaviours that boost clarity, confidence, and momentum.

The Art of Adaptability

Flexible Minds, Stronger Teams

Change is constant, but our ability to adapt is what sets us apart. In this engaging and evidence-based keynote, Gina unpacks the psychology of adaptability — why we resist change, how to overcome it, and the habits that make flexibility feel natural.

Packed with practical tools and relatable stories, this session empowers individuals and teams to stay grounded, agile, and resilient through any transition.

ADDITIONAL SPEAKING TOPICS

Mindset, Motivation & Lasting Change

- The Power of Showing Up: Small acts that rewire your brain for consistency
- Building Mental Strength: How to train your willpower muscle
- Overcoming Setbacks: How to bounce forward
- Goal Setting that Works: Science-backed strategies for sustainable success

Dopamine, Focus & Energy

- Dopamine 101: How to stay in the sweet spot of motivation
- Dopamine Hacking: Natural ways to regulate and restore your brain's reward system
- From Overstimulation to Clarity: Micro habits for focus and digital balance

Habits for Mental Wellness

- Habits for De-stressing: Daily rituals to find calm
- Mindfulness Matters: The habit of presence in a distracted world
- Breathwork & the Brain: The power of your breath on your nervous system and mood

Health, Nutrition & Movement

- Breaking Non-Hungry Eating Triggers: Understanding emotional and environmental cues
- Habits for Sleep: Restorative routines to fall and stay asleep
- The Movement Mindset: Redefining exercise as a form of self-care

Performance, Purpose & Identity

- Gina's Must-Have Habits: The minimum standards for thriving
- Five Habits to Naturally Boost Serotonin: The brain chemistry of happiness

GINA'S SPEAKER REEL

Watch Gina in action!

Click the link below or scan the QR code to view a 3-minute video of Gina in action.

<https://tinyurl.com/5n7e9waf>



Gina is TRUSTED BY



"Brilliant, backed by science but simply and powerfully presented. Inspiring!"

Caralee Fontenele, LawBiz Con

"Dr. Cleo's session was fantastic! So many insights and practical takeaways. The team absolutely loved it."

*Chloe do Rosario, Agency Development
Twitter*

Keynote ADD-ONS ★

Enhance your keynote experience with these optional add-ons designed to **deepen impact, extend learning,** and **keep your team inspired.**



Workshop (most popular add-on)

A hands-on session to dive deeper into habit strategies—perfect for embedding the learnings and boosting team impact.



Book Signing

Offer your team a signed copy of ‘The Habit Revolution’—either provided by you or available for purchase onsite.



Free Mini Masterclass

Keep the momentum going with a follow-up session—your team just needs to sign up with their email.



Your Habit Blueprint Course Bundle*

Give your team access to Gina’s flagship online course to turn insights into daily action.



1-on-1 Coaching*

Personalised habit support designed for executives who want to perform at their peak.



Group Coaching*

Keep teams connected and accountable with facilitated group coaching sessions.



Rebooking Bonus

Book Gina again within 30 days and choose 20% off or receive 50 free signed books.

*Prices flex with volume — because good habits (and great deals) grow best in teams.

LINKS & Pics

LINKS

Email: gina@drginacleo.com

Website: drginacleo.com

Free Habit Masterclass: course.habitchangeinstitute.com/masterclass

Book, 'The Habit Revolution': drginacleo.com/book

IG: [instagram.com/drginacleo](https://www.instagram.com/drginacleo)

LinkedIn: [linkedin.com/in/ginacleo/](https://www.linkedin.com/in/ginacleo/)

[CLICK HERE FOR PROFILE PHOTOS](#)



LET'S WORK *together*

If you're ready to inspire lasting change and empower your team with science-backed strategies, let's chat.

To book Dr. Gina Cleo or enquire about availability, please reach out using the details below.

hello@drginacleo.com
www.drginacleo.com

