



C O R P O R A T E  
F . A . M . E  
A U S T R A L I A

## **EMPLOYEE EXCELLENCE PROGRAM**

- **Health & Fitness Program designed to equip participants with the knowledge and skills to improve their overall health and wellbeing.**
- **12 week duration. Consists of a series of health & motivation seminars, and physical training sessions.**

## **Program Inclusions**

- **Motivational/Goal Setting Seminar & Follow-up Workshop.**
- **Diet & Nutrition Seminars.**
- **Fitness Assessments.**
- **Cardio-vascular & Resistance Training Sessions & Exercise Programming.**
- **Fitness Classes - Fit Ball, Boxercise, Pilates.**
- **Massage Therapy & Flexibility Training.**
- **Email newsletters and support.**
- **Exercise Ball**
- **Books - 'Strong to the Core' & 'Chemical Maze'**

# F.A.M.E. TEAM MEMBERS



Director

**Lauralee Berrill, B. Ex Sc; JP Qualified; Personal Trainer.** Started within the Exercise & Nutrition Science Industry over a decade ago. Over the years she has developed and implemented Corporate Lifestyle Development programs in Australia, Asia and USA. Lauralee delivers predominantly the nutrition and related fitness aspects of the program.



Director

**Lee Berrill, Grad. Dip. Outdoor Ed; Dip. Teaching Personal Trainer.** Taught Physical Education and Outdoor Education before directing his own business. Responsible for delivering the physical training concepts of the program, in addition to exercise prescription and training plans.

# TEAM MEMBERS CONTINUED...



**Kristiaan Knapp, Sports Therapist, Certificate IV Health Science (Remedial Massage), Master/ Teacher Reiki Therapy.** A former professional rugby union player. Among many highlights throughout his career as a therapist, has administered massage to athletes in preparation for the 2001 Tour De France (namely Lance Armstrong), 2003 Rugby World Cup, & 2006 AIS Swimming Team. Director of his own sports therapy clinic 'Energy Station' based at Woolongabba, he will be responsible for delivering massage and flexibility training sessions throughout the program.



**Damien Clarke, Dip.Bus .Mng & Human Resources Management; AIM Member ; MD Redrock Adventure Products** Former Assistant State Manager, Community and Media Relations, Commonwealth Bank of Australia; former National Operations Manager, Project Adventure Australia. In addition to his current position, Damien operates a separate business delivering Personal Development workshops to various companies and workshops. He specialises in motivational seminars designed to equip audiences with the tools to turn dreams and desires into achievable goals.

## TEAM MEMBERS CONTINUED...



**Robert Shanks, Personal Trainer.**

**As a former trainer and activities coordinator at the Hyatt Regency Coolum, Rob has rubbed shoulders with the likes of Tony Blair, Ray Martin and Leyton Hewitt. A highly motivated individual, Rob knows how to draw the very best out of his clients. His enthusiasm and professionalism is always well received.**

**Rob will be assisting Lee in a number of the sessions he will be conducting throughout the program.**

## **IN A NUTSHELL, THE EEP...**

- **is an opportunity for Hanson to give something back to its staff.**
- **is a Health & Fitness program aimed at creating 'Sustainable Change'.**
- **will motivate participants to adopt lifestyle changes that enhance health & wellbeing.**
- **will compliment & enhance healthy lifestyle practices.**