

FILIPA BELLETTE

Speaker's profile



Book Filipa today
hello@chrisandilly.fm



A speaker to inspire and help your audience identify the root cause of their body burnout, so they can show up as a high-achieving power parent....healthy, productive & connected.

HI, I'M FILLY!

Filipa is Co-Owner of award-winning virtual health & wellness practice, Chris & Filly Functional Medicine. She's a Clinical Nutritionist, PhD scholar, award-winning writer & international speaker. She works alongside her husband, specialising in helping busy, burned-out high-achieving parents become healthy, productive and connected. They call this a Power Parent! They've worked with over 2000+ burned-out clients, including multi-millionaire entrepreneurs to successfully optimise their health & life.

She turned to functional medicine to restore her body when she was completely burned-out (physically & mentally) after having her first baby, while also juggling a career in academia, and running a business with her husband.

Filipa believes you CAN recover from body burnout, by tapping into 3 key areas and really digging deep to find and fix the root cause of body burnout.

FILLY TALKS ABOUT POOP & MORE!

Filipa is a contagious mix of fun & science. She is highly detailed when it comes to the imbalances that can occur in your body due to body burnout, but uses humour and everyday stories to educate your audience about all things gut, neuroendocrine and detox health. Expect lots of 'poo' and 'farts' and 'fungi growing in your butt' type talk!

Filipa's own personal experience of post-baby burnout while juggling a profession in academia and running a business, also gives Filipa's speaking gigs a compassionate and relatable touch. She has felt BROKEN, HOPELESS and a bit (or a lot!) like a DRAGON MUM, and searched for years to get to and solve the root cause of her body burnout. She's walked the walk, and provides hope and inspiration to other parents and professionals who are feeling burned-out, overwhelmed, unproductive, and detached from their family and professional purpose.

Filipa shares her enthusiasm that it IS possible to overcome and prevent body burnout...even WITH kids and while still living your entrepreneurial or career dreams and aspirations.



FILIPA'S KEYNOTE PRESENTATIONS

Speaking Topics:

- Post-baby burnout in entrepreneurial mums
- How gut health can affect your true potential as a high-achieving parent
- How body imbalances can cause you to feel like Dragon Mum or Zombie Dad
- The ROOT CAUSE of burnout...going beyond body imbalances

RAVE REVIEWS

"Filly was a guest presenter at a women's holistic health & wellness event I facilitated for our north-west Tasmania region. Filly's bubbly nature, welcoming personality and energetic presence kept the attendees engaged and subjects relatable based around Women's health and well-being. Being seen, being heard and being supported are major factors in the healing process. Filly ticks all those boxes"

~ Melissa Duniam, events facilitator

"Filipa's energy and enthusiasm towards all things Functional Medicine is inspiring, contagious and captivating. Not only is the breadth and depth of her knowledge extensive, her passionate delivery motivates you to just be the best version of yourself! She holds an audience's attention and is a delight to deal with when organising an event. I'd highly recommend Filipa to speak at your next event!"

~ Sally Milbourne, Whoa Nellie Content Creation

"Filipa is a regular guest in our workplace wellness program sessions. Her ability to distill the complexities of functional medicine into engaging, relatable and bite-sized pieces is simply perfect. We always look forward to having Filipa amongst our team and clients - lots more to come!"

~ Mat Lock, The Impact Project



THE LOVE CONTINUES BEYOND THE STAGE

Filipa likes to serve you and your clients both on and off the stage.

Before the event, Filipa will work with you to get to know your business and the goals you're trying to achieve and tailor her session to help you to exceed expectations.

Filipa will spend time with your group after her session to connect with people individually and answer questions as well as providing additional applicable resources to your delegates to ensure that the presentation lasts much longer than the day.

Filipa's goal is to provide both you and your delegates with an experience that is impactful and provides you a massive return on investment.





THE 'TECH' REQUIREMENTS

In order to ensure that Filipa can deliver the best keynote or presentation possible there are some key things that she'll need:

1. Wireless lapel microphone where possible
2. Filipa likes to walk and engage with her audience so a wireless mic will help her to perform at her best
3. Projector & clicker. Filipa will run off her own laptop
4. If the session is a workshop then a flipchart, pens or a whiteboard
5. If on a panel discussion then a chair and a glass of water
6. Water on a speakers table for all types of events
7. Please let Filipa know if the room will be set up in lecture, classroom or cabaret style
8. If a virtual event, please ensure Filipa has the correct meeting link in advance, with the option to join the meeting 15min early to test audio before audience arrives.

FILIPA HAS BEEN FEATURED IN

Forbes **FOX**

nine
com.au

QT
THE QUEENSLAND TIMES

The Daily Telegraph

 **VITAL PROTEINS**



**2022 Telstra Best
of Business Awards**

Tasmania
State Finalist

 **Best of Business
Awards**

#TelstraBestofBusinessAwards



ATMS
Natural Medicine
AWARDS
2021

FINALIST
Clinic
OF THE YEAR



THE LOGISTICAL STUFF...

If in-person, Filipa travels from Tasmania, Australia.

Check availability

Email hello@chrisandfilly.fm to connect and check date availability.

Request a proposal

After a conversation with Filipa, you will receive a proposal for your engagement covering speakers fees and travel expenses (if in-person).

Approval

The date is confirmed, a deposit paid and a contract issued to secure your date.

Before the event

Filipa will provide assistance promoting your event through her social media channels. She can also create a 'teaser video' that you can send to your event delegates. We will connect to discuss any finer details and event goals. Filipa's team will manage all travel and logistics to save you time and hassle.

After the event

Filipa will connect with you for an event debrief and provide you with any applicable resources to provide to your delegates.

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