

Ahna de Vena

Sleep expert

Inspirational speaker



About

Ahna de Vena's presentations address the global epidemic of high-stress and sleeplessness, and the debilitating effects they have on health, productivity and relationships.

Working with business, government agencies and individuals, Ahna's presentations are an inspiring balance of theory and technique, empowering her audience to create permanent change.

Attendees leave with practical skills they can use immediately to reduce stress, improve sleep and enhance productivity.

In a census conducted by Sealy, 70% of Australians admitted that their professional productivity is negatively impacted due to feeling tired and stressed from lack of sleep. Whilst a report commissioned by The Sleep Health Foundation found that lack of sleep costs Australia five billion dollars annually in lost productivity.

More organisations are waking up to the fact that without proper sleep it's impossible for people to perform optimally. When teams and individuals are over-stressed and exhausted, they can't be effective or enjoy the richness of life.

There are few sources of help for those struggling with these problems. This is where Ahna makes a difference; helping people all over the world to sleep well naturally and wake up feeling rejuvenated and energised.

Ahna has an extensive background in natural medicine and has presented to thousands of people across a career spanning 16 years. Her unique approach taps into our innate ability to sleep well and transforms lives fundamentally and permanently.

Presentation Content

Ahna conducts keynote speeches and seminars with content tailored to your organisational needs. These include:

- **Sleep Soundly and Thrive**
- **Good Sleep, Good Health, Great Business**
- **Enhanced Productivity through Stress Reduction and Sleep Improvement**

The content of these presentations is an engaging combination of theory and experiential technique. Your audience will learn:

- Why sleep is our most powerful resource for health and productivity.
- Simple strategies for getting off the high-stress wheel.
- How to avoid the most common sleep hazards.
- Practical skills that make falling asleep easy.
- Invaluable tips on how to be clear and energized in the morning.

Ahna's previous clients include:

United Nations – International Labour Office, Geneva

Australian Government – The Australian Mission, Geneva

New Zealand Government – Work and Income

The Executive Connection – Australia wide network of CEO's

Woodside Petroleum Ltd

MBA Financial Strategists

Amicus Interiors

Cockram Construction Ltd

The Cancer Society

Cawthron Scientific Institute

Occupational Health Nurses Association

HR Institute of New Zealand

New Zealand Police

Nelson Tasman Business Trust

Tour de Cure

Travelcorp Pty Ltd

Endorsements

“Ahna was fantastic. She pitched the presentation perfectly, very relaxed and informative, with a good balance of theory and practical examples that could be taken away. She related it to the person and to business and it was done in a completely non-threatening way. We received very positive feedback and would love to have her back next year.”

Sarah Holmes *Manager, Nelson Tasman Business Trust*

“Ahna delivered many seminars on sleep improvement and stress reduction for our company over five years. She proved to be able to work with a broad range of people—from the industrial floor to the boardroom—she could relate to them all. I recommended Ahna to many people in my personal world, and had nothing but wonderful feedback about her, and her work.”

Annette Milligan *Managing Director of Ramazzini Work Place Health and Safety*

“It was such a pleasure to work with you at the 2014 Day of Inspiration. Your presentation was the perfect combination of style, message and spirit. There were many beautiful moments through your presentation and following the event I have had countless comments on you and your keynote.”

Gary Bertwistle *Author, speaker and founder of The Tour de Cure*

“Ahna, thanks again for opening our minds with your very informative and expert knowledge on this subject and for delivering it with such engagement, enthusiasm and passion. This topic should be a must for all TEC Chairs and members”

Ray Bridgewater *Chairman at The Executive Connection (TEC)*

“I attended one of Ahna’s workshops recently and found it truly life changing. The additional energy I have as a result is great. Ahna presented to all of my staff and they all commented on the positive impact its had on their health and productivity.”

Mark Borg *Principal of MBA Financial Strategists*

“Our staff found Ahna’s seminar helpful and enjoyable. They liked her presentation style, her soothing voice (I’ve never seen so many comments about a facilitator’s voice on feedback forms), and how she incorporated both physical and emotional aspects of stress management and sleep improvement. She taught some very practical tools that have had a lasting effect.”

Erika Halsegger *Human Resources Adviser, Nelson City Council*

“Your workshop was excellent and helped make the conference a great success— clearly engaging attendees and sending them away thinking about how to apply your valuable concepts to their personal lives.”

Professor Robert Nordlinger *Chairman at The Executive Connection (TEC)*

Publications / Other

An excerpt from a keynote given by Ahna at the Day of Inspiration 2014

<https://www.youtube.com/watch?v=TEyDT-czuGw>

An article published about Ahna’s work on telstrabusiness.com

<http://smarter.telstrabusiness.com/leadership/sleeplessness-can-kill-how-sleep-muse-ahna-de-vena-saves-lives>

In 2015 Qantas included Ahna’s CD “Sleep Well Tonight” to their inflight program on all long-haul flights.

To be published in 2016: The multi-media program “How to Sleep Well in A Sleepless World”

Contact info

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