

# Speaking, eating and running - the do's and don't's for busy lawyers

5.30-7.30pm Monday 5<sup>th</sup> September 2005

Hosted by

**BLAKE DAWSON WALDRON**

L A W Y E R S

Level 36 Grosvenor Place, 225 George St, Sydney

**Professor Jennie Brand-Miller** holds a Personal Chair in Human Nutrition at the University of Sydney. Her research interests focus on all aspects of carbohydrates, including diet and diabetes, the glycaemic index and insulin resistance. She is known internationally as the major exponent of the glycaemic index, especially in the context of diabetes. She has published 16 books and more than 200 journal articles. Her books about the glycaemic index, *The New Glucose Revolution*, are international bestsellers with sales close to 3 million. She features prominently in the media, radio and television in Australia. Jennie is a frequent guest of major international diabetes associations, including ADA, EASD & IDF, and the Australian, New Zealand, South African, Canadian, Danish and Swedish associations. She received a Clunies Ross Medal for Science and Technology in 2003 and the Australian Institute of Food Science and Technology Award of Merit in 2004.

**Dimity Thompson** trained as a physiotherapist at the University of Sydney qualifying in 2000. She started to take a special interest in the management of the spine in 2003 when she completed the Sarah Key Master classes. She has since been working at the Sarah Key Physiotherapy Clinic in Bridge St, specialising in the prevention and treatment of various causes of back pain. Her presentation will be primarily focused on the prevention of muscle problems caused by sedentary lifestyles and workplaces. It should be emphasised that the vast majority of risk factors that contribute to spinal breakdown are preventable and that back pain is indeed very treatable. Dimity believes that 'understanding is half the cure' and she would like to provide those in attendance with the information necessary to help manage their own health. She will also show a few basic stretches to be incorporated into daily routines to help combat the destructive forces.

**Lucy Cornell**, a Director of Voice Coach, provides coaching in personal presence, voice and the spoken word with practical tools for attaining vocal freedom in spoken communications. Voice Coach helps individuals sound genuine and convincing, while maintaining an awareness and connection with their audience. Voice Coach works with voice professionals in many industries; corporate, radio/TV, theatre and sport. As a legal professional, you rely on your voice and advocacy skills daily to persuade and motivate an audience. Our voice is our means of expressing not only our message but also who we are. Even within the first few words, we can make snap judgements based on the sound of a voice; how we feel about someone, whether we can trust them, and how we are going to relate to them. Your voice alone has incredible impact on the impression you make and ultimately the message you want to convey. This introductory session will discuss the impact of your voice and get you thinking about how your voice is (or isn't) working for you.



**Speakers: Prof. Jennie Brand-Miller, Nutritionist  
Dimity Thompson, Physiotherapist  
Lucy Cornell, Voice Coach**

*Our expert panel will enhance your personal and professional presence whilst giving you some top tips in improving your physical well-being. A session you can't afford to miss!*

## Registration/Tax Invoice

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Attendee Names	Member Yes/No

Members \$15.00/ Non-Members \$25.00 (incl. GST)

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**Fax or post with payment by 1<sup>st</sup> September 2005:**

Kathryn McKenzie, Executive Officer

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