

GERRIT BANTJES

"This is the best investment I have made in the team in the last couple of years and I have no doubt it will have a similar impact on your business."

Dave Shalliday - Director Corporate Banking, South West and Wales

Gerrit Bantjes is an inspirational speaker who has helped people on two continents to improve not only their wellbeing, but also their performance in the workplace and on the playing field.

Gerrit moved to Wales in 1999 after falling in love with the country (and a young Welsh woman) during a tour with a leading South African rugby club.

A dedicated sportsman and trainer, he has played rugby at First Class levels in South Africa and Wales. In 2002 he completed the gruelling Llanberis Half Ironman triathlon event. As a qualified sports trainer and nutritional therapist, he has worked with diverse groups of clients ranging from the corporate and education sectors to professional sports people. For three seasons he served as the strength and conditioning coach for Cardiff rugby club. Gerrit is passionate about helping people improve their quality of life through making simple lifestyle choices and has the ability to make difficult subjects very easy to understand.

"Gerrit, many thanks for the most interesting and informative series of presentations on Health for the Future that you ran for us recently at RBS Corporate Banking in London."

Keynotes & Workshops

Keeping Your Team Healthy and Your Organisation Strong

A healthy, happy team is at the heart of a healthy and successful organisation.

This is an opportunity to **engage** your people in a **unique** way by focusing on the impact of **Health and Wellbeing** on performance. We encourage your people to make positive, sensible lifestyle choices that benefit your organisation, contribute to personal and family wellbeing and build healthier communities.

"A wise man should consider that Health is the greatest of human blessings" Hippocrates

Other Keynotes and Workshops include:

- **You Are Responsible for What You Put in Your Body, Your Brain and Your Bank Account!**
 - **Taking You Beyond Peak Performance**
 - **Managing Stress for Optimum Performance**
 - **Changing Habits for Optimum Performance**
 - **The Spark for Optimum Performance**
 - **Making Sense of Food Labels**
 - **SuperNatural Health**
 - **Your SuperSaver Account**

"Gerrit is an inspiration. He's confident and clearly knows what he is talking about."



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