



# ANGELA BERRILL

**Location:** Auckland

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In today's fast-paced world, it's easy to get lost in the whirlwind of dietary trends and conflicting nutrition advice. That's where Angela steps in, armed with a mission to bring nutrition back to basics. As a renowned nutritionist and New Zealand Registered Dietitian, Angela's passion for health and wellness, coupled with her no-frills attitude, is both empowering and refreshing.

With a wealth of expertise in nutrition, Angela has become the go-to expert for numerous media outlets. She has graced the screens as the trusted Dietitian in Season One of 'Eat Well For Less New Zealand' and made regular appearances on prestigious shows like the Paul Henry Show, the AM Show, Breakfast New Zealand, Target, and What's Really in our Food? Angela's commitment to raising awareness of credible nutrition information in the media has earned her accolades, including the prestigious Dietetic Communicators Award from Network Communication in 2018.

Angela's approach to wellness revolves around simplicity and balance. Her message is clear: "No more restrictive diets. Enjoy the food that makes you feel good and listen to your body." This philosophy is not just a mantra; it's a way of life for Angela. She embraces the occasional gooey caramel chocolate slice while opting for 100% peanut butter on whole grain toast when milk for her cereal runs out - a testament to her authentic and practical approach.

Beyond her thriving private practice and consultancy business, Angela is a devoted wife and mother of two boys. Her personal goal is to witness her kids thrive and grow into successful adults. To achieve this, Angela emphasises the importance of eating well, staying active, and cherishing life's simple pleasures. Her dedication to change, growth, and a positive attitude sets the perfect example for your corporate team.

Drawing from her Bachelor's degrees in Human Nutrition and Marketing Management, and her Post Graduate Diploma in Dietetics from the prestigious University of Otago, Angela possesses an extensive understanding of food and nutrition. She is committed to helping people find the right balance to suit their individual needs and lifestyles.



Now, you have the exclusive opportunity to invite Angela to inspire your corporate audience. With her team of dietitians across New Zealand, Angela has a profound impact on promoting dietary freedom and debunking the latest diet fads and nutritional claims. From her insightful TV appearances to her engaging writing, Angela continues to build an expanding following of wellness enthusiasts.

Angela's journey has its challenges, but she faces them head-on with unwavering determination and composure. Her ability to handle the spotlight with grace and authenticity makes her the ideal corporate speaker to elevate your team's understanding of nutrition, wellness, and overall well-being.

So, are you ready to empower your team with Angela's invaluable insights? Let her be the catalyst for positive change within your organisation. Book Angela as your next corporate speaker and witness your team embrace a healthier, happier lifestyle. Together, let's make wellness the cornerstone of your success!

## SKILLS

### Other

Brand Ambassador, Food Demonstrations, Industry Spokesperson, Judging, MC Events & Conferences, Nutritionist, Presenting, Public Speaker, Television Host, Television Presenter, Voiceovers

### Speaking Topics

Nutrition, Well-being

