

Rosalie Moscoe

Owner, Speaker, Registered Nutritional Consultant at Health in Harmony

Toronto, ON, CA

Experienced Speaker Extraordinaire, specializing in Stress Relief, Nutrition and Well-Being

Biography

I would like to introduce you to Rosalie Moscoe, RHN, RNCP. Rosalie Moscoe has over 17 years experience in professional speaking and training. She is author of best selling book and e-book on Amazon.com, "Frazzled Hurried Woman! Your Stress Relief Guide to Thriving. . .Not Merely Surviving." A fun, enlightened mix of comprehensive stress-relief solutions and uncommon nutritional information it outlines ways to become calm, centered and in charge! Through her company Health In Harmony, she creates and presents captivating programs: ? From Frazzled to Fantastic! Stress Relief to Combat Burn-out ? Power Foods Create Better Moods Innovative Nutritional Discoveries to Boost Well-Being ? Superior Health & Wellness For a Crazy World! Stress relief, Nutrition, Time Management to increase coping abilities With the ability to inform, inspire and entertain, Rosalie's keynote addresses, break-out sessions or half-day training sessions are not only informative but also engaging and fun. (She may break out into song!) 10 reason?s to hire Rosalie! 1. Rosalie has given dynamic keynote addresses and training to thousands of professionals - 800 presentations given. 2. Rosalie' programs promote a less stressed and energized population for improved productivity. 3. Rosalie is easy to work with and is concerned about the success of your conference. 4. Keynotes, break-out sessions, or training sessions are customized to your organization?s needs. 5. Everyone leaves Rosalie's programs uplifted, positive, with hope for the future 6. Rosalie is a graduate of Canada's only Workplace Wellness & Health Promotion Program and taught stress management at the college. 7. Rosalie is a graduate of the Canadian School of Natural Nutrition and consults with patients of three medical doctors for improved mental and physical health. 8. Rosalie presents uncommon nutritional or stress management information in an engaging fashion so it's not boring to them. 9. Rosalie uses real-life examples to make points to encourage people to leave behind a hurried lifestyle. 10. Healthy employees make for a healthier company (and bottom line!) Rosalie can help rejuvenate your company or organization into a healthier one.

Availability

Keynote, Panelist, Workshop, Author Appearance

Industry Expertise

Health and Wellness, Food and Beverages, Alternative Medicine

Areas of Expertise

Wellness, Nutrition, Stress Management, Stress Relief, Health, Food, Stress Relief - A Wellness Approach to Stress Management, Nutrition - How Nutriiton Can Improve Vitality and Mental Health, Caregivers - How They Need to Learn Extreme Self Care, Stress

Affiliations

Completed 'Beyond Stress' Course at Eli Bay's Relaxation Response Institute '89, '91, Fitness Ontario Leadership Program and Fitness for Seniors Program '95, Registered Nutritional Consulting Practitioner (R.N.C.P.) Designation given by the International Organization of Nutritional Consultants (IONC) '99., Member, F.A.C.T., The Friends of Alternative and Complementary Therapies Society., A member of the Canadian Association of Professional Speakers (CAPS) and the National Speakers Association (NSA)., Vice Chair and Board Member, International Schizophrenia Foundation. Member since '90., Rosalie Moscoe, Professional Speaker, since '95. , Completed Workplace Health Systems, Health Canada '95.

Sample Talks

From Frazzled to Fantastic! Pathways to Well-Being

A laugh-provoking yet realistic look at managing life in today's demanding world. Packed full of stress relief strategies and insights. An enjoyable presentation and performance, yet a poignant look at life in the fast lane and its serious ramifications.

Super Nutrition for Optimal Performance

This keynote focuses on boosted nutrition for better energy, focus on the job and ways to include healthy nutrients into our diets. In this presentation, Rosalie addresses the physical and psychological reasons for our food choices. She recommends ways to boost concentration and vitality (especially at work) with practical suggestions for better nutrition skills. Rosalie reveals the secrets of timing meals for better blood sugar balance as well as enhancing mood through food and nutrients.

Discover Your Healthy Balance

Rosalie takes attendees into a world of preventive health. She emphasizes the importance of awareness as being the key to a new way to live. For if we are not aware, we continue mindlessly in our old behaviors and wonder why we don't feel well. This talk explores ways to find balance, health and wellbeing.

Event Appearances

Stress Relief and Nutrition Tips for a Younger You!

The Well Group

Nutrition Tips for a Younger You!

Nutrition Tips for a Younger You!

Challenge of Change: Stress Relief Coping Skills

Joy of Childhood Conference

Education

Canadian School of Natural Nutrition

Registered Holistic Nutritionist Diploma Program Holistic Nutrition

Centennial College

Graduate Certificate Workplace Wellness and Health Promotion

Accomplishments

Two Nominations at the Juno (Canadian Music) awards.

With Rosalie's past career in the Music Industry, she has been recognized with 2 Juno Nominations.

Testimonials

Ellen B. Ackerman

We can't thank you enough for your commitment and attendance at the special organization luncheon with invited delegates. Also, it was indeed a pleasure to work with you prior to the conference. THANK YOU! for helping to make the 12th annual Administrative Professionals Conference very successful.

Dawn Eglitis

Thanks for the stress-reducing seminars. They were presented in a fun, professional and creative manner. Staff developed the ability to put problems and setbacks in the proper perspective. The relaxation techniques were most valuable.

Maria Bates

Your presentation was terrific! You really know your stuff! The event was well attended by stakeholders, service providers, frontline healthcare workers, staff and the general public. There was great enthusiasm by our attendees and your presentation received wonderful feedback from the participants. Both my colleague who came with me and I were very impressed by your knowledge on this subject. We shared what we had learned to the others who couldn't attend. I found it particularly interesting the connection between the stomach and the brain and the constant 'talking' that occurs. And from your handout I'm amazed by the staggering information about aspartame! Again, thank you Rosalie so much for giving the presentation!

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