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DR RICK KAUSMAN

Dr Rick Kausman is a medical doctor who is an Australian pioneer in health and lifestyle balance - and inspiring, motivational and entertaining speaker. He regularly speaks at corporate, medical, educational and community group conferences and seminars.

While being entertained, participants in Dr Rick's talks and workshops gain key strategies in managing important health issues which helps increase life balance at home and productivity at work.

He is the principal of the If not dieting Weight Management and Eating Behaviour Clinic, and consults on a daily basis with clients who have difficulties with weight management and eating behaviour, taking a multi-disciplinary approach in his management of clients. Dr Rick works with a team of health professionals including dietitians, psychologists, exercise specialists, physiotherapists and chefs, if and when appropriate for the individual person.

Talk and seminar topics include:

- ◆ If not dieting, then what?
- ◆ How to eat chocolate without feeling guilty! A guide for women in the 21st Century
- ◆ Protecting our children from eating disorders and promoting healthy eating
- ◆ 5 golden guidelines for guilt-free healthy eating
- ◆ Balancing health, weight and happiness

Dr Rick is a **prize-winning author** for his book 'If Not Dieting, Then What?' which won the Australian Food Writers Award for Best Nutrition Writing. Both 'If Not Dieting, Then What?' and his second book, 'Calm Eating', have been released internationally. He is the creator of the healthy eating, healthy weight management web site www.ifnotdieting.com and his other resources include the If not dieting Eating awareness diary, Empowerment cards and Pedometer.

He is a **regular media performer** on both radio and television. He has been an advisor on many Government committees, is a director of the Butterfly Foundation, a consultant to the Jean Hailes Foundation, a Fellow of the Australian College of Psychological Medicine, and has been the Australian Medical Association (Vic) spokesperson on eating behaviour and weight management for over 10 years. Rick has been an Executive Council member of the Australasian Society for the Study of Obesity for 9 years, and Chairperson of Body Image and Health Inc. He recently sat on the committee of the National Health and Medical Research Council working party on overweight and obesity; he is a Fellow of the Australian College of Psychological Medicine and an Australian Medical Association spokesperson on eating behaviour and weight management.

But he believes his greatest achievement has been to survive (so far, anyway) living in a house with two adolescent daughters, a wife, and a female golden retriever.

Over the last 19 years, Dr Rick has had the opportunity of listening to, and working with, thousands of people who have shared their stories with him.

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As a medical doctor who is recognised as the Australian pioneer of the non-dieting approach to healthy weight management, his background includes:

- ◆ Australian Medical Association (AMA, Victoria) spokesperson on weight management and eating behaviour (1995-2006), Chairperson, Body Image and Health Inc. 2001-2004; having been a committee member since 1992
- ◆ Fellow of the Australian College of Psychological Medicine
- ◆ Consultant to the Jean Hailes Foundation
- ◆ Board member of the Butterfly Foundation
- ◆ Committee member of the National Health and Medical Research Council (NHMRC) working party on guidelines for health professionals on 'overweight', 2001-2003
- ◆ Executive Council member of Australian Society for the Study of Overweight (ASSO) from 1993-2002
- ◆ Regularly interviewed by the print media, television and radio

CLIENT FEEDBACK

'Thank you so much. We now feel informed and empowered. Your humour and content made for a great event'.

Young Presidents Organisation

'I am always fascinated by the individual patient stories you have and the wealth of information you so easily share to a wide range of audiences. Feedback following your session was very positive'.

The Body Shop

'Your passion, experience and commitment to the practice of assisting people to live the healthiest lives possible is truly an inspiration to those fortunate enough to hear you speak'.

Royal Children's Hospital, Melbourne

All my thanks go to you for allowing the time to come to Donald! The evening was brilliant! The whole town can't stop talking about how wonderful your presentation was! You are making a difference in so many people's lives, and for that you need to be congratulated! Thanks for making a topic that is often difficult to discuss so informative, fun and light hearted! Thanks again.

East Wimmera Health Service

I would like to personally thank Rick Kausman for his magnificent presentation at DOI which provided an excellent start to our 'Occupational Health & Safety Week'. Rick spoke with great passion and managed to capture the audience through a very informative and practical presentation that was also spiced with plenty of good humour. All that attended were thoroughly entertained, and many people provided me with positive comments following his appearance. I wish Rick all the best and have no hesitation in recommending him as a speaker for both corporate and private events.

Department of Infrastructure, Melbourne

Thank YOU so much for this morning. It was a most enlightening presentation that you gave and it appealed to the audience perfectly. Thanks again and all the best.

Sydney, TNS

A great success.

Coles Myer Ltd.

I found Wednesday night's session with Dr Rick a life changing event. For the first time in over 18 years I am not looking at food as "the enemy". I have struggled with my weight and appalling body image

since I was 18 - Dr Rick has given me strategies for taking really positive steps to address so many of the issues I have been obsessed with for almost my entire adult life. Thank you for organizing this fantastic evening.

Body Image in the Bush, Skipton

A personal note to thank you for the most fabulous evening on Thursday. I have had such wonderful positive feedback. The next day the staffroom was abuzz... Parents loved the evening and were thrilled with your approach which is so sensible and livable.

Mount Scopus College

We promised parents an entertaining, as well as an informative, session and that is certainly what you provided. Your approach was practical and humorous, with a clear message, and the feedback we have since received has been very positive.

Wesley College

Dr. Rick Kausman's presentation was entertaining, enlightening and inspiring.

Wangaratta Body Image Forum

'Your talk was a huge success with feedback overflowing daily.'

The Butterfly Foundation.

Rick, thank you very much for a stunning presentation on Tuesday. You wowed us all, and the conversations about your material continued during the conference.

BP Australasia