



Corporate Impact

Corporate impact of a motivational speaker is measured in productivity, retention, culture, and ROI. Evidence:

1. Productivity and Performance
 - Motivational workshops boost engagement, which Gallup links to 21% higher profitability and 17% higher productivity.
2. Retention and Absenteeism
 - Burnout and stress cause 50% of turnover in high-pressure industries (McKinsey).
3. Culture and Morale
 - Deloitte reports a \$4 ROI for every \$1 invested in workplace wellbeing initiatives.
 - Companies that invest in motivational and wellbeing programs report stronger team cohesion and lower conflict.
4. Innovation and Change Management
 - Motivational speakers help employees adapt to change. PwC found resilience programs improve adaptability by 29%.

About Us

My journey to true health and happiness has been long, sometimes hard, always evolving, but the best thing that has ever happened to me! A gift from the universe I like to call it.....my personal awakening!

12 years ago I was living what I thought was a great, "healthy" life....

I was playing elite level hockey, partying like a rock star and working ridiculously hard, all whilst ignoring the constant colds, flu, allergies and stomach problems I had and I masked my underlying symptoms of anxiety and depression, with food and alcohol addiction. My life was fueled by processed foods, caffeine, sugar, very little sleep, no self-love and I raced through life at one hundred miles an hour! Living this 'burn and churn lifestyle' with no-regard for what I was putting into my body and no self-worth brought my world crashing down to a complete stop....literally a stop!

I could not get out of bed for months, I could not wash my own hair or walk to the toilet without my heart racing like I had run a marathon.....I had developed chronic fatigue syndrome accompanied with underlying adrenal fatigue, gut and hormone disorders.

Despite multiple doctors and hospital visits, no-one could help me so I decided to take things into my own hands and embarked on a journey to help heal myself!

DESIREE
TAYLOR

MOTIVATIONAL
SPEAKER



2025
Wellness
Workshops



WORKSHOP

- Building Mental Resilience
- Stress Management Techniques
- Eating for Energy
- Sustaining Peak Performance

Mission

Meet Desiree Taylor

Are you ready to make sustainable changes to overcome stress and build mental resilience for maximum success in your life?

As a motivational speaker and coach, I am dedicated to inspiring, educating, and motivating individuals to achieve their full potential. Through engaging workshops and powerful speaking engagements, I empower my audience to create lasting positive changes in their lives.

Testimonials

"Desiree has an incredible ability to energise and inspire teams." –
Corporate Client - MBS Festival

"Her workshops are engaging, practical, and highly impactful." –
HR Manager - M&C Saatichi



9% of compensation claims are stress-related, with longer recovery times (Safe Work Australia).



\$4 return for every \$1 invested in mental health programs (Deloitte).



\$1 trillion lost globally in productivity due to stress (WHO).



Resilient employees are 31% more productive (Journal of Occupational Health Psychology).

Contact Us



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