

BIOHACKME

BIOHACKME MEDIA KIT

Optimise your
life, one biohack
at a time.



MEDIA & FEATURES



Daily Mail

The Sydney Morning Herald



Women's Health

Women's Fitness



THE AGE

News Corp



WOMEN LOVE TECH



Prevention AUSTRALIA

BODY+SOUL

KANEBRIDGE NEWS



The Sydney Morning Herald

Friday, October 18, 2024 \$4.80 (inc GST)
First published 1831 No. 58,354

INDEPENDENT. ALWAYS.

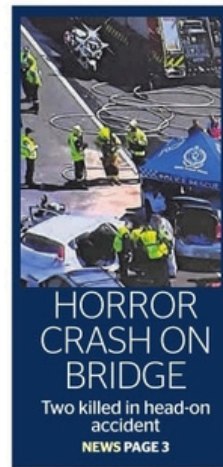
Sydney beaches closed amid toxic waste fears **NEWS PAGE 6**



FOUNTAIN OF YOUTH IN A PILL? **NEWS PAGE 15**



Good things come in threes **THE EVEREST SPORT**



HORROR CRASH ON BRIDGE
Two killed in head-on accident **NEWS PAGE 3**

The buried treasure in NSW that could power a clean energy world **NEWS PAGE 2**

He had the X-Factor: tears for boy band star



Teenage fans cried and consoled each other in Buenos Aires after hearing former One Direction singer Liam Payne had died after he fell from a balcony. **NEWS PAGE 8**

Photos: Tom Decent, WireImage

'Punishment Island': Nine culture exposed

Calum Jaspan, Jordan Baker

Managers in Nine's broadcast division would single out employees and belittle them until they could take it no more as part of a culture in which workers were routinely shamed, gaslighted and intimidated - sometimes to the point of self-harm.

"We call this 'punishment island'," said one Nine employee who cannot be named. "A dark and desolate place no one wants to be." A report on the company's culture released yesterday found belittlement, public white-anting and the abuse of power were common.

ability and often made decisions based on status, relationships or self-interest.

The findings were part of a cultural review into the company by independent firm Intersection that was prompted by the high-profile exit of former news and current affairs boss Darren Wick this year.

However, staff in the broadcast division were furious that the report that was handed to the company didn't name any perpetrators, and none of the bullies, power players and "toxic" staff whose behaviour was criticised were held to account. "It feels like people who

Nine joins mea culpa brigade with dirty linen
ELIZABETH KNIGHT **NEWS PAGE 4**



The report paints a picture of an organisation lacking accountability, where decisions are based on personal gain or preference, and where an individual's role or status can be used to bully, harass or punch down. Across the company, about a quarter of staff reported

include a deep-dive into Nine's broadcast news and current affairs division, based on 122 interviews. The final third outlines the results of a company-wide survey based on 934 respondents.

It details abuses of power imbalances becoming commonplace at Nine, led by a culture of fear in taking complaints to the human resources division. "When I left Nine I was a shell. I was broken. I had no confidence... It was a really horrible time," said one anonymous staff member. No individuals were named in the report. Another described "punishment

and moving onto someone else". "If you're not on punishment island that month, seeing your friends and colleagues there is just as distressing."

Staff from Nine's broadcast division fired angry questions at acting chief executive Matt Stanton when they were briefed on the findings at 1pm, furious at the failure to identify any of the people responsible for the behaviour outlined in the report. "You can't have systemic change if you have bad actors still in bad roles," said one senior female journalist, speaking on condition of anonymity. "Matt sees the

12:00 pm Mon 9 Dec

[AU Home](#)

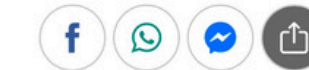
The everyday biohacker: I reduced my biological age by 10 YEARS with easy changes anyone can do - proving you don't have to be an eccentric billionaire to turn back the clock

By Camilla Thompson For Daily Mail Australia
Updated at 12:56 am on 9 December 2024



Daily Mail Australia Femail

EXCLUSIVE I'm 48 and used simple tricks to slash my 'bio age' by 10 YEARS. See how you can do it for free in 2025 - and the results will kick in after two weeks



11 comments



BIOHACKME MEDIA KIT

TALKS DELIVERED TO





WELCOME TO BIOHACKME

The next-gen health brand redefining what it means to feel, think, and perform at your peak.

- Founded by Camilla Thompson — Executive ICF coach, biohacker, nutritionist (NRN), health & wellbeing coach, keynote speaker, and performance expert.
- Helps people hack their biology, rewire their mindset, and feel unstoppable.
- Built on real results, real transformation, and science-backed strategies.

- Delivers simple, powerful biohacks to upgrade sleep, energy, stress, and brainpower.
- Trusted by leading Australian organisations to help teams reach peak performance.
- Driven by a passion for preventative and personalised health.
- Uses data, biomarkers, and genetics to create tailored wellbeing strategies.
- Empowers people to make smarter choices for stronger bodies, sharper minds, and healthier, more resilient lives.

Why work with Camilla?

- She doesn't just teach biohacking—she lives it, every day.
- Trusted by executives, high performers, and forward-thinking organisations across Australia.
- Delivers practical, science-backed strategies that are easy to apply and get real results.
- Known for her engaging, relatable, and grounded approach — no extremes, no over complication.
- Equally at home on stage, in the boardroom, or leading retreats, bringing clarity, connection, and transformation to every audience.
- Combines lived experience, evidence-based frameworks, and behaviour-change expertise to help people feel better, think clearer, and lead stronger.

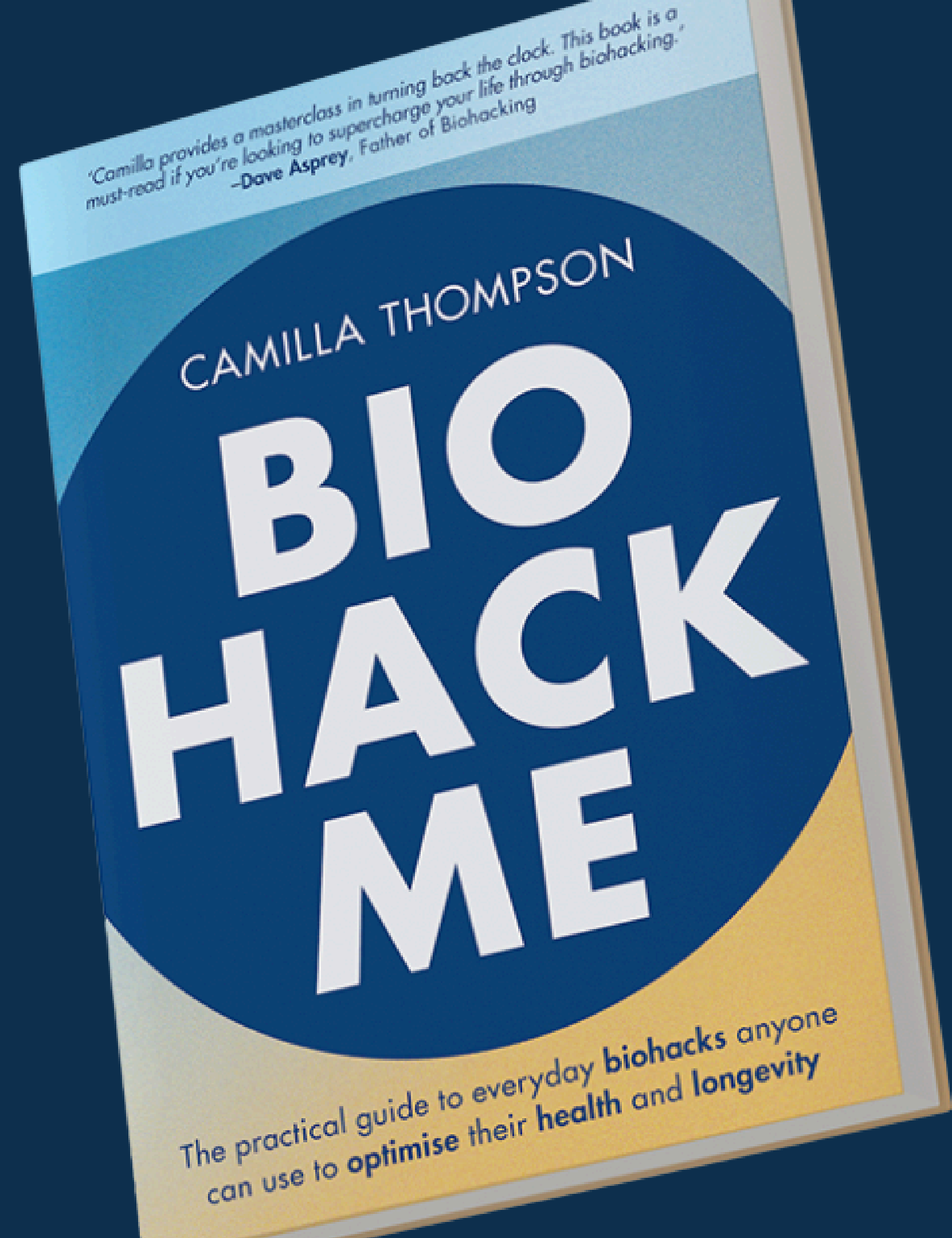


BOOK: BIOHACKME

Global Launch – May 2025

"Camilla provides a masterclass in turning back the clock. This book is a must-read if you are looking to supercharge your life through biohacking"

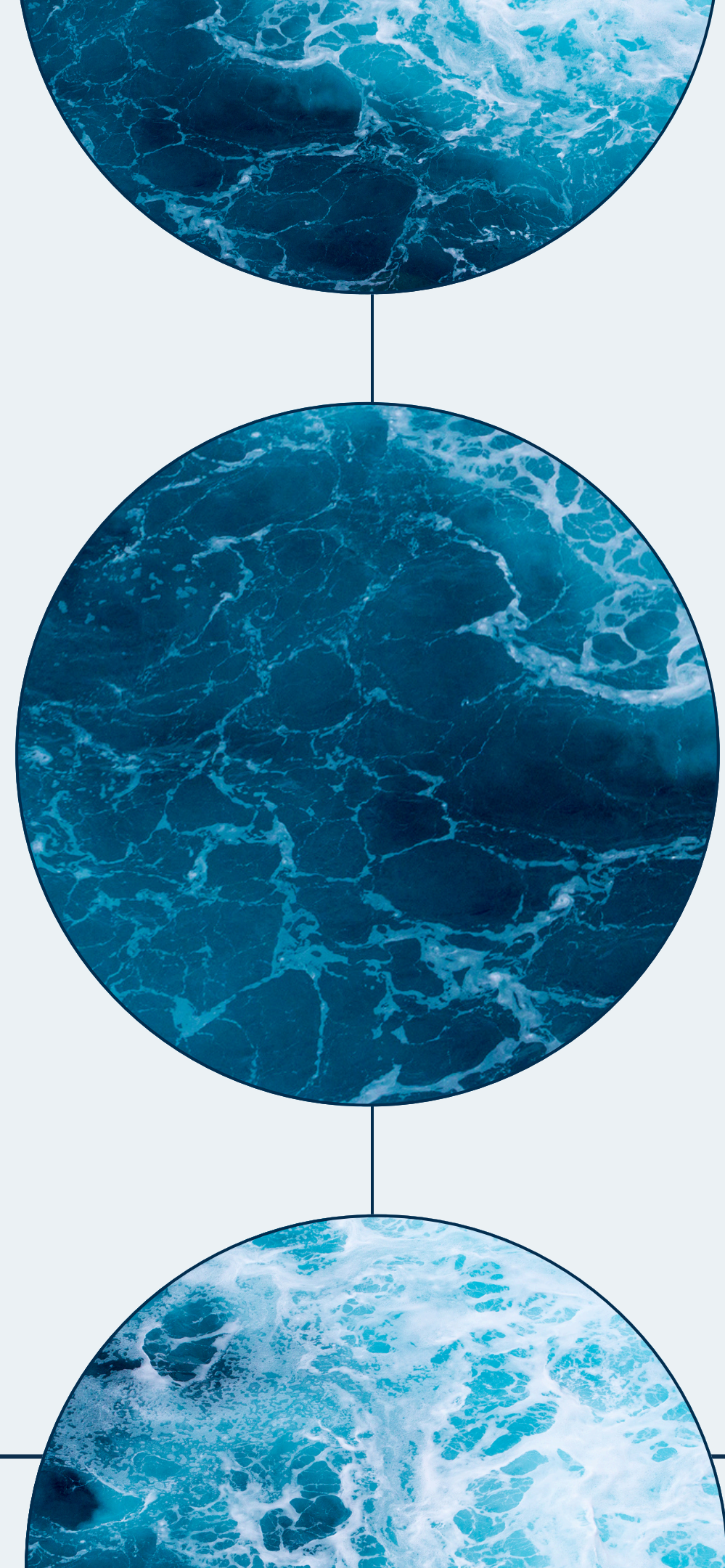
David Asprey, Father of Biohacking.



BOOK: BIOHACKME

**This isn't just another health book—
it's a guide to future proof your
health.**

- Simple, accessible biohacks that upgrade sleep, energy, mood, and focus.
- Blends epigenetics, longevity science, and behaviour change into everyday habits.
- Camilla's journey from burnout to biohacker woven through for real-life impact.
- Written for real people who want practical, affordable biohacks that actually fit into everyday life.
- A clear roadmap to optimise your body and mind to extend healthspan.



KEYNOTE TALKS

Camilla's keynotes aren't your typical wellness talks—they're high-energy, inspiring, and packed with actionable insights. She breaks down complex science into simple, powerful takeaways that leave audiences energised and ready to take action.

Most Requested Topics:

- **Biohacking Basics - WTF is Biohacking?** – The ultimate guide to hacking your biology for peak performance.
- **Future Proof Your Health**– Practical evidence based hacks to live better longer.
- **Biohacking for Leaders & High Performers** – Stress-proof your brain, skyrocket productivity, and maximise focus.
- **The Future of Wellbeing in the Workplace** – How cutting-edge health science is redefining success.
- **Epigenetics & Longevity** – Simple lifestyle shifts to reprogram your genes for a longer, stronger life.

TESTIMONIALS

"Camilla made complex biohacking concepts clear and practical. Her talk at Lendlease was informative, engaging, and resonated with everyone in the room."

Angelique Posticescu

National Workplace Experience Manager, Lendlease

Camilla is highly-recommended as a speaker and coach. Her natural skills and ability to frame ideas makes them immediately approachable and applicable. She has a wealth of knowledge to share!

Troy Love

Pro Speaker, Coach, Author @WhatIsANuff, Conference

Host & MC @GreatTalk, Actor, Writer, Voice Artist

#30years

"Camilla's expertise in biohacking was the highlight of our Wellbeing Day. She delivered a captivating session blending the latest research with practical strategies. Leaders left recharged, inspired, and equipped with tools to sustain vitality and drive transformational change."

Kevin Figueiredo

Chief People & Safety Officer, Super Retail Group

"Camilla is a regular and extremely popular guest speaker at the Elysia Wellness Retreat. This weekend, she launched a new presentation focused on biohacking for longevity. Her session was both powerful and relatable, providing guests with motivational tools to improve their lives one biohack at a time."

Mel Ingham

Elysia Wellness

EXAMPLE TALK ONE:

Future Proof your Health Optimise your Life

Live Better, Longer.

What if staying healthy didn't mean doing more — but doing it smarter?

After delivering this session at conferences nationally, I'm bringing it to workplaces in 2026.

In this energising talk, I share practical, personalised strategies to boost energy, sharpen focus and extend your healthspan — based on the latest science in preventative health and longevity.

Better sleep. More energy. Sharper cognition.
Fewer band-aid fixes.

What will the audience gain?



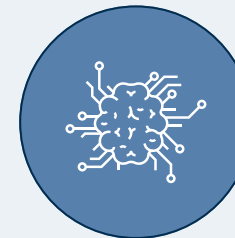
Preventative, proactive health strategies

How to protect energy, focus and performance before problems arise.



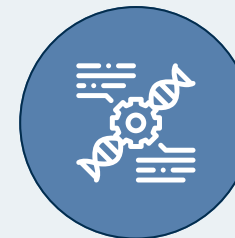
Personalised health insights

Why bio-individuality matters — and how to apply it to everyday health decisions.



Practical optimisation tools

Simple, science-backed strategies to improve sleep, energy and cognition.



Burnout prevention, not band-aid fixes

Early intervention strategies that support long-term healthspan.

EXAMPLE TALK TWO:

Biohacking Basics

What if we could defy the traditional limitations of ageing, by unraveling the secrets of longevity through the lens of biohacking?

Join expert wellbeing coach and behaviour change specialist, Camilla Thompson for a transformative talk. As she delves into the concept of biohacking; where each small daily adjustment has the power to supercharge your life and elevate your health. Drawing on cutting-edge research in genetics, health sciences and holistic wellness practices, Camilla, shares her inspiring journey through biohacking to achieve better health, happiness, and longevity.

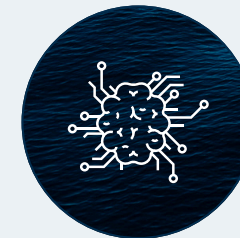
What will the audience gain?



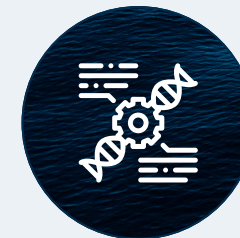
This talk explores the evolution of biohacking, positioning it as the future of living and ageing well by shifting your perspective on lifespan to healthspan.



Camilla fuses ancient therapies with evidence-based modern biohacking technologies, revealing how this incredible synergy can transform your quality of life and support longevity and pro-ageing.



With practical insights into specific biohacking strategies and technologies, drawing from Camilla's personal experiences and the latest global research.



It's impossible not to walk away from this session motivated to supercharge at least one area of your sleep, environment, relationships or diet; one biohack at a time.

Session Takeaways: WTF is Biohacking?



A GLOBAL PHENOMENON

Making a significant impact on personalised health and longevity. This is attributed to advancements in technology, increased access to health data, research and a growing interest in how people can live longer, healthier lives.



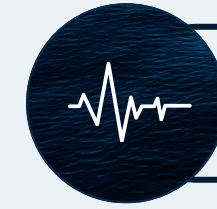
A BIOHACKER'S MINDSET

Embracing curiosity, experimentation, self-responsibility, and a proactive approach to personal wellbeing.



THE FUTURE PARADIGM

Of health and pro-aging. Being pioneered by some of the top doctors and researchers all over the world.



UNDERSTANDING EPIGENETICS

And its impact on healthspan through lifestyle choices to influence gene expression.



CONCEPT OF BIO-INDIVIDUALITY

Embracing tailored approaches to individual characteristics, needs, gender, ages, demographics and diversity



A STRUCTURED FRAMEWORK

Key lifestyle pillars include nutrition, sleep, mood, relationships, brain, stress management, exercise, and environmental factors.

SPEAKER PACKAGES

Keynote

60-90 Minutes

Presentations designed to inspire and educate large audiences on biohacking fundamentals.

Speaker + Book Package

90 Min Keynote + Book

Biohacking Basics keynote presentation plus signed copies of "Biohack Me" book for all attendees.

Masterclass Workshops

3-4 Hours

Intensive hands-on workshops with practical tools and actionable strategies for immediate implementation.

Offsites

Half Day - Full Day

Education with practical tools and team-building experiences for enhanced corporate productivity and wellbeing.

BIOHACKING OFFSITES

For companies looking to invest in peak performance and wellbeing, Biohackme designs bespoke corporate offsites that combine science-backed wellness strategies, stress management, and productivity hacks with experiential activities. These offsites empower leaders and teams to operate at their best, avoid burnout, and create sustainable success.

Offsite Offerings:

- The Executive Reset – A high-performance offsite designed for leaders who need a serious recharge.
- Longevity & Biohacking Immersion – Explore cutting-edge biohacks, recovery tools, and holistic practices tailored for workplace performance.
- Peak Performance & Resilience Training
- Custom Biohacking & Wellbeing Programs

To book Camilla for a keynote,
offsite, or media opportunity,
contact:

hello@biohackme.com.au

www.biohackme.com.au

Instagram: @biohackmecoach

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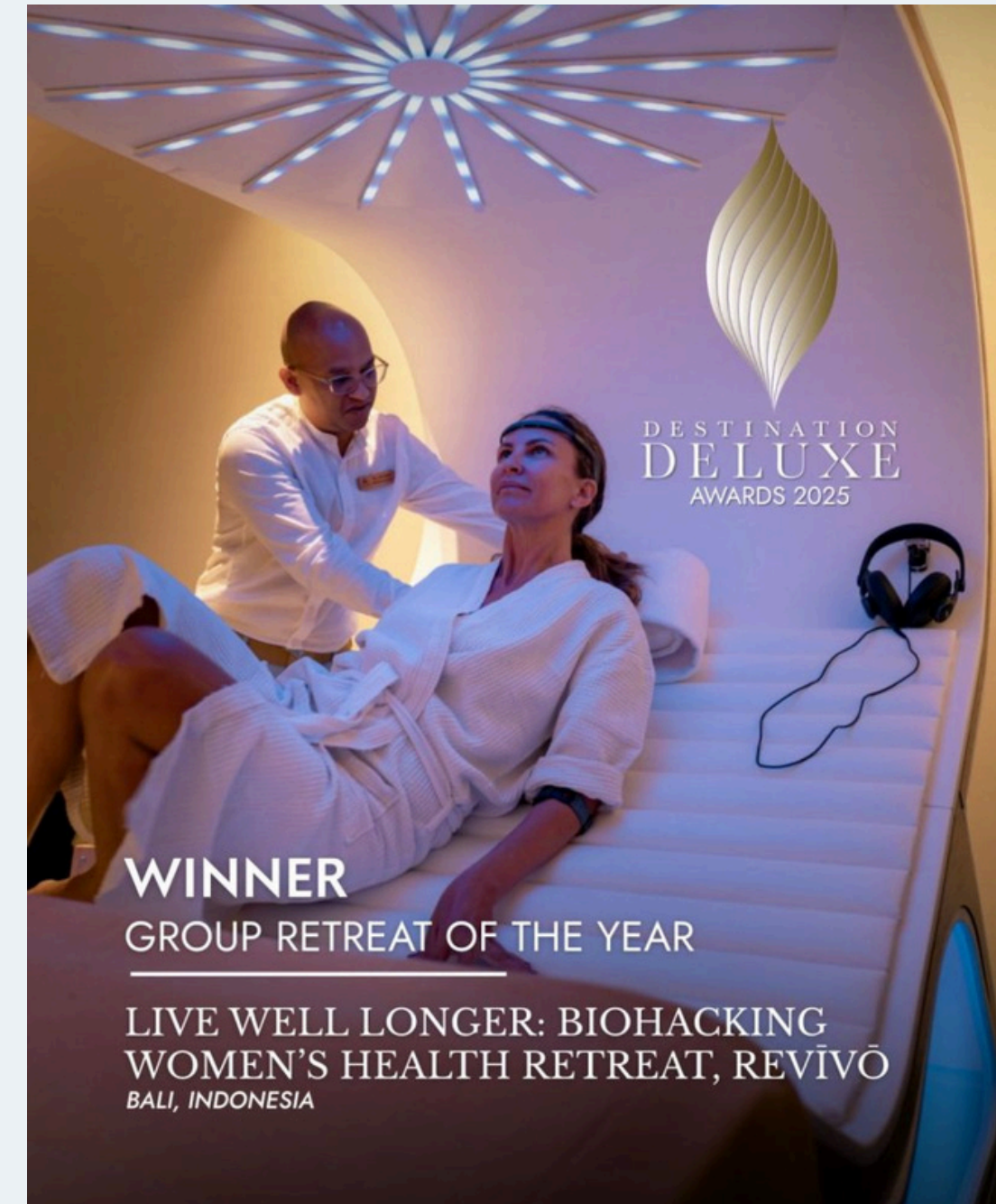
COACH

BIOHACKING RETREATS

Biohackme's biohacking retreats are immersive combining cutting-edge longevity science, high-performance strategies, and hands-on recovery techniques to elevate wellbeing.

Live Well Longer Retreat, Bali

- **Women's-only retreat set at the award-winning REVĪVŌ Wellness Resort.**
- Designed for women ready to embrace biohacking, longevity, and vital, energised living.
- Includes personalised longevity protocols and tailored wellbeing plans.
- Features biohacking masterclasses, nervous system and hormone support, and expert coaching.
- Blends ancient therapies with cutting-edge technology and testing for deep transformation.



Past Retreat Locations:

- Elysia Wellness Retreat
- Exclusive Biohacking Retreats Across Australia
- REVĪVŌ Wellness Resort, Bali (Women's-Only)

EXAMPLE TALK THREE

Supercharge Your Life: Biohacking, AI & The Future of Personalised Health

The future of health is here—and it's personal. With AI, data-driven insights, and cutting-edge biohacking, we now have the power to reverse ageing, optimise energy, and extend our healthspan like never before.

Join expert wellbeing coach and behaviour change specialist, Camilla Thompson for a transformative talk. As she delves into the concept of biohacking; where each small daily adjustment has the power to supercharge your life and elevate your health.

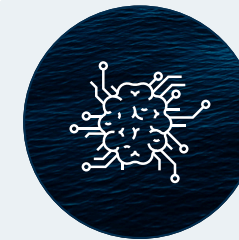
What will the audience gain?



How AI is revolutionising personalised health and precision medicine. The science behind ageing and how we can actively slow or reverse it.



The role of epigenetics in health and longevity, and how lifestyle choices impact gene expression. How bio-individuality influences nutrition, movement, and health strategies, and why one-size-fits-all wellness approaches fail



Practical biohacks to improve energy, cognitive function, and resilience. How nutrition, movement, sleep, and stress management influence healthspan.



How to prevent burnout and chronic disease with small, sustainable shifts. How data-driven health insights can optimise performance at work and in life

Session Takeaways:



HARNESS AI FOR PERSONALISED HEALTH

Discover how artificial intelligence and data-driven insights are revolutionising healthcare, allowing for hyper-personalised nutrition, fitness, and longevity strategies tailored to your unique biology.



UNLOCK THE SCIENCE OF AGEING AND LONGEVITY

Learn the latest breakthroughs in ageing science, from cellular repair to biological age reversal, and how small lifestyle shifts can significantly extend your healthspan—the years you live in optimal health.



UNDERSTANDING EPIGENETICS

Explore how your environment, behaviours, and lifestyle choices can turn genes on or off for good or ill health, and how to take control of your gene expression to prevent disease and optimise performance.



BIOHACKING FOR ENERGY, FOCUS, AND RESILIENCE

Gain practical, evidence-based biohacks to improve energy levels, cognitive function, stress resilience, and recovery—without adding more complexity to your routine.



THE FUTURE OF BIO-INDIVIDUALITY IN HEALTH

Why one-size-fits-all wellness doesn't work, and how AI-driven, bio-individual approaches to nutrition, movement, and stress management can help you optimise your health based on your unique genetic and biochemical makeup.



PRACTICAL STRATEGIES FOR EVERYDAY OPTIMISATION

Walk away with actionable tools to enhance productivity, mental clarity, and overall wellbeing—empowering you to make smarter health decisions with science-backed solutions.

SIGNATURE PROGRAM

Optimise your Life: A Personalised Biohacking Program for Optimising Health & Longevity

This personalised 3-month coaching program is designed to help optimise your health and longevity through tailored biohacking strategies.

Together we'll delve into the latest science and ancient therapies combined with self-experimentation and create a custom plan to enhance your body's performance.



WHAT IS INCLUDED IN THE PROGRAM

This 3-month program focuses on empowering you to biohack your life and make essential lifestyle changes.

You'll get:

DNA Methylation Test
1 x 60-minute initial coaching session
2 x 30-minute coaching sessions per month
Weekly accountability check-ins

Optional Testing:

Biometric, microbiome, genetic, biological age, and comprehensive blood testing with a Longevity Doctor (offered in Month 1 for an additional cost)



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