

# *Angela Berens*

*Personal Trainer  
and Inspirational Speaker*



*and Primary Author of  
“The Australian Aphasia Guide”*

*Footage available:*

***you tube / angela aphasia***

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# Angela's Story

On the 31st January 2002, I was 27 years old. I was a Human Resources Manager with a bank with a high level of responsibility and I was 6 weeks away from expecting my first child. One week before starting maternity leave, I suffered a tragedy - I had a burst brain aneurysm (a stroke).

My son was born on 6 Feb 2002 – a miracle called Makenzie and a further week later, I woke up. I found myself occupying a lifeless body - unable to walk; unable to talk (Aphasic); even unable to breath without mechanical assistance.

I was determined to survive and for the last 8 years, I have worked tirelessly through rehabilitation, setbacks and frustrations and have achieved inspiring results.

My physical highlights are beating paralysis and epilepsy and finishing the Sydney Marathon in 2003. Also, part of my life is "living with a language disability called aphasia". I also have challenged this disability and have written a book called 'The Australian Aphasia Guide', which is a resource book for people with aphasia.

In December/January 2008-2009, I won a National Lifestyle Change competition with Oxygen Magazine in feature on the Cover.

# Employment Details

## NON FITNESS EMPLOYMENT:

1995: Ba. Bus Human Resource Management (QUT) with Distinction  
Graduate Position (Commonwealth Bank of Australia) - Personal Lender

1996: Human Resource Officer (CBA)  
State Human Resource Department  
Responsible for: HR for staff transferring interstate.

1998: Research Officer (CBA)  
Business Banking Department  
Responsible for:  
Statistical Analysis  
Database Formatting  
Developed spreadsheets

1998 -  
1999: Human Resource Assistant Manager (CBA)  
Brisbane City Area Officer  
Responsible for: Assist Management for HR Services for 300 staff

1999: Human Resources Manager (CBA)  
Chermside Area Office  
  
Responsible for: Managing HR Services for approx 300 staff  
  
Including: Processes Retrenchments, Recruitment, Resignations, Daily Staff Shortages, **Coaching** Branch Managers for **HR issues** (eg. Teamwork, Managing Unaccepted Performance, Health and Safety - Return to Work issues)

# Employment Details

**2002:** *Suffered an aneurysm (stroke).*

Full details are on file attached 026-31 cover girl confidential

2004 to 2006: National Publicity Coordinator  
The Australian Aphasia Association  
Voluntary Position  
Promoting Aphasia  
Public Speaking  
**Media Releases**  
**Inspirational Speaking**

**2006:** **Author: "The Australian Aphasia Guide" – A Resource Book**  
Grant Received from Friends of Australian Communication Exchange.

## FITNESS EMPLOYMENT:

February 2007: Traineeship (I was working in the industry at the time)

25 January 2008: Certificate III in Fitness (YMCA)

29 October 2010: Certificate IV in Fitness (YMCA)

Thump Level 1 and Advance Instructor Course

I am a **Group Exercise Instructor** for **Bike Class, Aqua, Fitbox, Circuit and Freestyle Aerobics.**

In 2008 for 12 months, I ran a business called "Vigour Group Training" which were **Boot Camp** Sessions with 2 other Personal Trainers.

I have a successful **Personal Training Business** working from Lifestyle Health Club at Springwood.

I also coordinate a "The 21 **Running Club**" to inspire other new runners to achieve 21km (half marathon) or 42km (marathon) success.

# *Angela's Inspirational Presentations*

*I am not an Olympic gold medalist or a grand final hero, but I am an everyday person who has conquered a major trauma and numerous disabilities through positive thought, determination and an ability to climb a mountain one step at a time.*

*My story will relate to people of all walks of life. I will demonstrate how you can tap into personal power and become the key participant in your own life.*

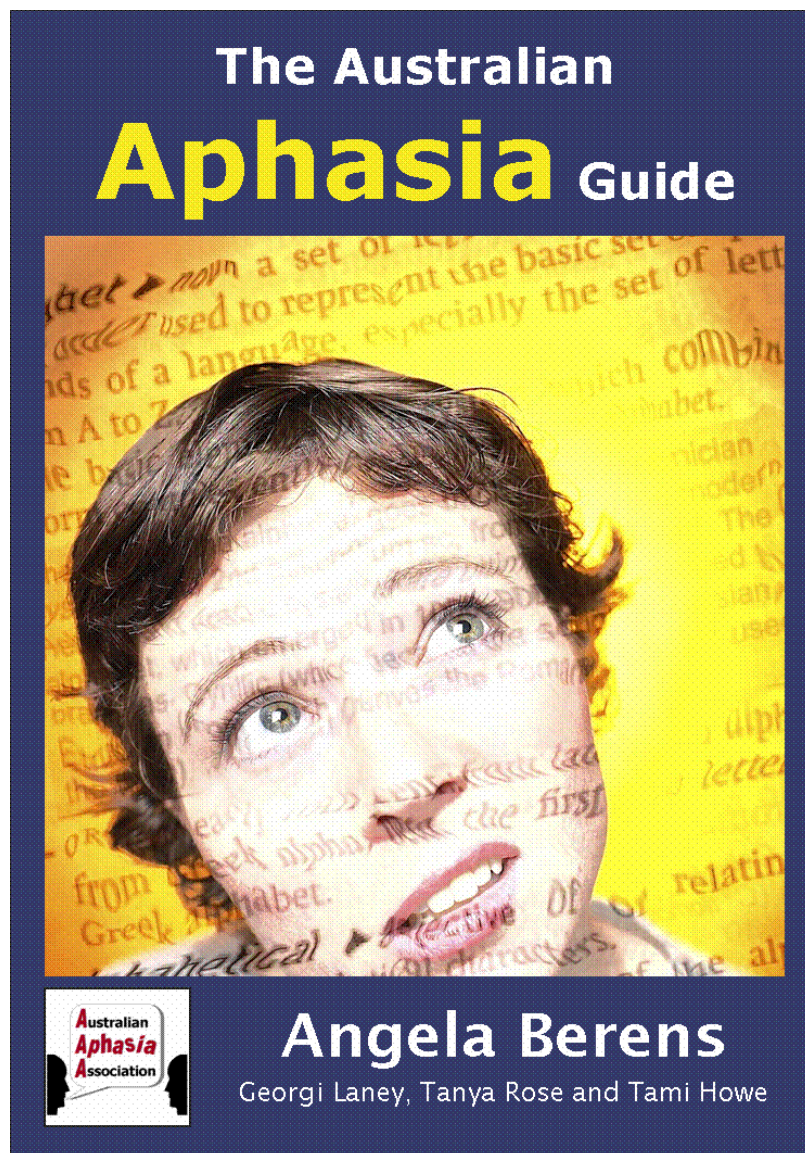
My Presentation touches on following experiences:

- *Overcoming adversity*
- *Setbacks and success*
- *Life choices*
- *Self Esteem and Self Belief*
- *Goal Setting*
- *Teamwork*
- *Risk Taking*
- *Life Balance*
- *Life Purpose, fulfillment and happiness*

*A Powerpoint presentation completes the experience with personal footage and photographs during my recovery.*

In 2006, I compiled “**The Australian Aphasia Guide**”, which is a resource book about aphasia (the language disorder caused by an injury to the brain). There are approximately 80,000 people with aphasia in Australia and awareness is very low.

Between 2003 until April 2007, I have volunteered as the Publicity Coordinator for the Australian Aphasia Association promoting aphasia in the wider community.





**Angela was recently awarded the prestigious “Communication and Leadership Award” by Toastmasters International District 69.**  
*(District 69 comprises Queensland, Northern NSW, Northern Territory and Norfolk Island)*

**This award is given to someone who achieves a high standard of effective communication to the public at large and also to a person of good community standing.**

**It is an award given by Toastmasters to a non Toastmaster.**

# Testimonials

In October 2006 at the Australia Aphasia Association Conference, I had the pleasure of listening to Angela Berens tell her story.

Despite having had the opportunity to listen to many keynote speakers, very few have had such a profound impact upon me, both professionally and personally.

Very few of us will ever have to face the challenge that Angela did. Even less of us have contemplated what we would do if we were to face such a challenge. Having the opportunity to listen to Angela, combined with her willingness to share her story, is a truly inspiring and humbling experiencing.

Her presentation, complete with personal photos and movie footage of her greatest challenges and accomplishments, affords her audience an unforgettable experience and an insight in to her incredible, and continuing journey.

The most endearing element of Angela's story is that she is an everyday person within our society who throughout her presentation shows her audience that even when confronted with obstacles that at first appear to be insurmountable, that we can achieve anything.

Angela's contagious and positive spirit and her inner confidence and belief in herself make her story truly captivating.

Angela reminds her audience to enjoy their lives and to cherish the opportunities that they have. She also reminds us that by setting ourselves personal challenges, no matter how enormous they appear, that we can achieve.

Angela is a positive role model for anyone who faces challenges in life. Her seemingly invincible will and her courage to face the challenges placed before her, make her story one which inspires all audiences.

I would highly recommend Angela as a keynote speaker for any organisation.

Melanie Drummond  
Speech Pathologist