

Sammy Barnett

Nutritionist, Author, Educator & Entertainer

Meet Sammy, a Clinical Nutritionist, Author, Educator and Mum of teens who is shaking up the world of nutrition and mental wellbeing - blending science, stories and a whole lot of fun.

With over 28 years lived and clinical experience, Sammy's journey from busy clinic to inspiring speaker has been anything but ordinary. From schools to corporate events, she's known for turning complex health topics into fun, relatable, and interactive experiences that leave a lasting impression.



Whether it's a classroom, boardroom or podcast - you can expect real talk, science-backed insights, many laughs, and simple tools people will remember (and use).



Clinical
Nutritionist



Runner Up
Jamie Oliver
Food Hero Award



Author &
Writer



Anxiety & Emotional
Wellness Educator



Speaker &
Entertainer

SIGNATURE TALKS

Nutrition is so much more than food - Sammy unpacks the stories, stress, and signals behind it. Her sessions blend science, humour, and real-life tools to help people slow down, tune in, and feel better in their bodies. Whether it's kids, corporates or communities, she brings energy, heart and conversations that stick.



Caveman to Corporate:

Modern Stress v Ancient Wiring

We weren't designed for group chats, deadlines and bottomless coffee. This session explores how the nervous system responds to modern life - and what we can do to support digestion, mood and focus in a world that never stops buzzing. (Caveman appearance may happen)



It's In Your Gut, Not Your Head:

Anxiety, Bugs & Belly Brains

Gut health has everything to do with how we think, feel and show up. This talk explores the gut-brain connection in a fun and accessible way, perfect for people struggling with stress, anxiety or burnout.



Your Body Is Your Business Partner:

The ROI of slowing down

Ignoring your body is bad for business. This talk reframes wellbeing as your best business asset - with practical steps to support energy, clarity and sustainable productivity.



Eat Like You Mean It:

Blindfolds and bite-sized breakthroughs

An interactive, sensory experience that reconnects people with how they eat, not just what they eat. Expect blindfolds, giggles and a surprisingly powerful takeaway on digestion and mindfulness.

Session Details:

- Keynote or Workshop Format (up to 90 mins)
- Follow-up resources available.
- Tailored to suit schools, workplaces or events.
- Available in person or virtually.
- Travel & accommodation costs to be covered for in person sessions.
- Tech requirements: projector/screen, mic if needed

(Can adapt to no screen if needed)



"Sammy's presentations are informative and engaging but most of all FUN! Cannot recommend highly enough!"

Jess Donaldson, Tri

"Sammy is a legend and explains nutrition in a way that really makes sense and is easy to create action plans from. She's also very entertaining..."

Katie Richards, Virtual Legal

"Sammy ran such an engaging and informative workshop to our management team. We had outstanding feedback across the board..."

Attie O'Rourke, Hall Chadwick

An absolute game-changer in how we think about health... enlightening us with the profound truth that 'you are not what you eat, you're what you absorb.' This simple yet powerful insight has entirely shifted my perspective on nutrition.

Henry Wong, The Henry Wong Team

BOOKINGS & MORE INFO

To make a booking or enquiry contact Sammy: -



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www.nutritionwithsammy.com.au



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