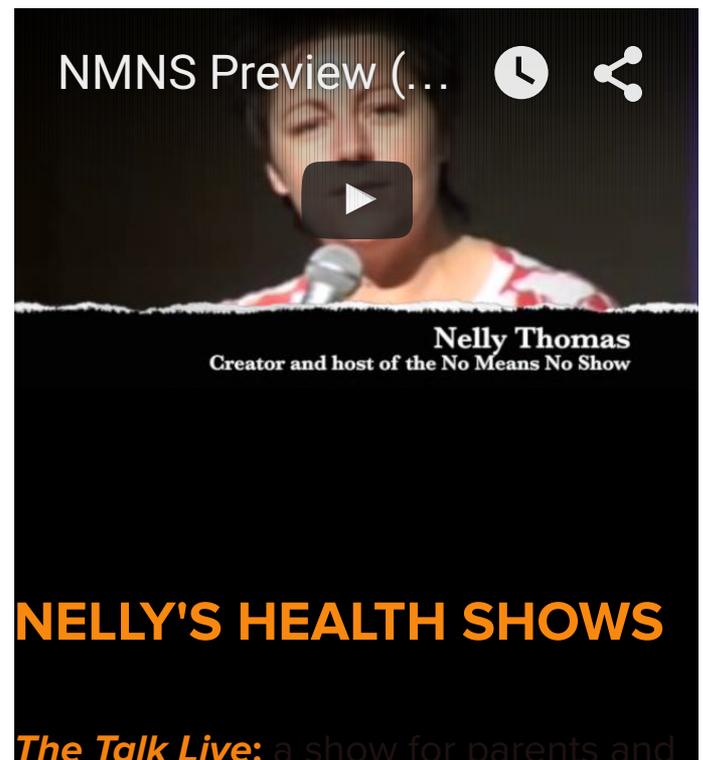


## HEALTH PROMOTION

One of Nelly's passions is combining health promotion messages with comedy so difficult topics can be addressed without preaching or boring everyone to death. She has shows on a range of issues (see right - from adolescent **sexual health** to mental health to women's health) and finds that these and other taboo issues can be successfully addressed with appropriate and sensitive humour. She is a highly sought-after keynote speaker ([see her reviews here](#)) and **MC** in health circles.

### How did it all begin?

About 10 years ago Meg Gulbin (then the Health Promotion Officer at the Royal Women's Hospital) asked Nelly to help them with their sex education for teenage girls. Meg said their approach was boring the young women they were trying to engage and she wondered if Nelly could make it more fun. Nelly said, *"If I can't make sex funny, I'm not going to be very successful as a comedian."*

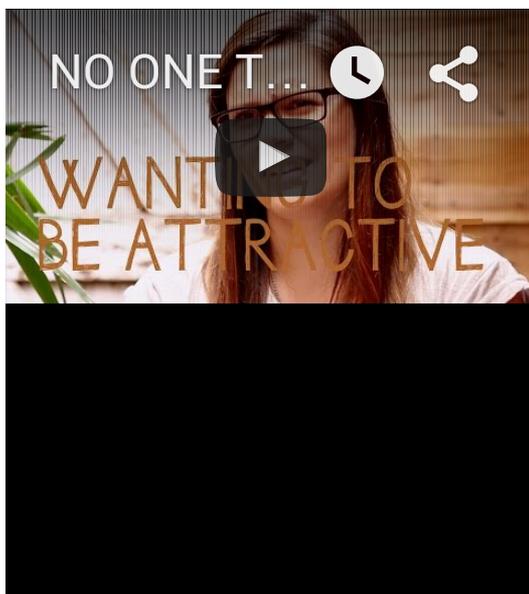


**The Talk Live:** a show for parents and carers about how to have "THE TALK" with kids about sex and relationships.

**The Condom Dialogues:** a show for adolescents about safe sex.

**Mentally Funny:** a show for adults (can be adapted for teens) about mental health, resilience and wellbeing.

**The No Means No Show:** a show for



Nelly talks about body image

Since then, Nelly has combined her comedic and communication skills with robust research and partnerships with health experts to develop a suite of funny health promotion shows as well as a health

promotion **DVD**. These shows have been hugely successful and Nelly is a highly sought-after speaker in the health promotion and community sectors.

When done right - and with great sensitivity and knowledge - humour is an effective, guilt-free and entertaining way to talk about health and wellbeing.



Listen: Nelly talking about Family Violence on ABC radio

adolescents about healthy and respectful relationships.

***Indigenous Health***: a suite of shows and collaborations with Indigenous performers and organisations.

***Being a Woman is Good for Your Health***: a show for adult women about all aspects of women's health - physical, mental and social.

***Growing Up a Girl***: a show for young women about issues facing young women and girls.

## SOME FEEDBACK

"These are overwhelmingly highly successful events... health promotion via Nelly's comedy is a very engaging and accessible format." Meg Gulbin, Manager, Health Promotion Unit, Royal Women's Hospital Melbourne

"Because it is funny, everyone is more open." Audience Member, Female, Age 14 (from an Evaluation of *The Condom Dialogues*)

"Nelly never fails to impress, she has a gift for translating complex health issues into common language... funny, engaging and irreverent." Kiri Bear, VicHealth

"A pleasure to work with [and] respectful of the sensitive issues surrounding working with young people with a mental illness." Maree Sidey, ORYGEN Youth Health

Nelly has a sexual health and ethics DVD out. [Click Here.](#)

[Listen to Nelly](#) discussing The Talk on ABC radio's the Conversation Hour.



To contact Nelly or join her Newsletter [CLICK HERE](#)