

Achieve Your Natural High

...how to have

high energy • low stress • life balance • work success

Are you organising a conference or in-house event and have a group with demanding jobs, who work long hours, or simply find the juggle of modern work-life challenging?

Would you like to help them learn the latest strategies for **increasing work performance** while simultaneously knowing how to enjoy better personal **wellbeing** and **work-life balance**?

'Achieving your Natural High' is a motivating and highly entertaining short seminar or half day program, that shows people how to enjoy the same state of high level health, well-being, productivity and life balance (the 'peak' state or '**natural high**') as experienced by the world's happiest and most successful individuals.

The seminar is ideal if you would like to...

- help your people learn simple strategies for **how to best look after themselves**
- have them **maintain optimal health** & life balance despite busy or high-pressure roles
- use *peak performance strategies* to **improve productivity, motivation & results**
- have everyone enjoy a **good laugh** and a bit of **lighthearted fun**

All participants learn things like how to: * depending on session length

- 'feel good' and have **higher energy & vitality**...everyday
- move beyond 'stress management' & **reduce stress...by over 30%**
- ride the **natural peak performance cycles** to optimise diet, sleep and exercise
- enjoy greater **mental focus** and experience more **flow**
- create more time in their day so that they have 'more time for No.1' (**work-life balance**)
- utilise the universal secret to **ongoing motivation** for themselves and others
- do it all despite work pressures & hectic work/lifestyles

The Presenter – Mark Bunn (Combining the best of East & West):



Mark is a former **AFL Footballer** (please don't hold that against him!), who is highly trained in both Western & Eastern health sciences (Ayurveda), as well as the popular new field of **mind-body medicine**. He is the **author** of the 'Healthy People Healthy Business Program' and 'Ancient Wisdom for Modern Health – *the simple secrets of the world's healthiest people*'.

Mark's passion is for helping people avoid the endless confusion of most modern-day health advice, and to remind them of the 'simple', timeless truths of health and happiness. He has worked with top-level businesspeople from groups such **CBA, Macquarie Bank, Citigroup, PMM & Merrill Lynch** and combines this experience with his research into the productivity strategies of high performing individuals to help busy businesspeople maintain a healthy balance within the ever growing demands of modern working life. Mark's seminars have been enjoyed by over **350 groups** across Australia for over **14 years**, and he is now considered a **first-choice speaker** on health, personal performance, motivation and work-life balance.

"Our greatest wealth is our health – when we look after ourselves...the rest follows" – Mark

Happy Clients Include:

National Australia Bank (multiple), Toyota Australia, Smorgon Steel, Mirvac, Shell, Ericsson National Inst of Accountants, Duke Education (USA), Colonial First State, Rio Tinto, CA Financial AXA Australia (multiple), Boeing, MLC, Dept of Defence, Dept of Education (Vic, NSW, SA), Commonwealth Bank (multiple), Jones Lang La Salle, Boral, various Council/Educational groups.

What's Different When You Book Mark?

1. Instead of the typical 'sleep-inducing' information about calories, fats, prioritising etc - that everyone has heard hundreds of times before – your group will be learn things like – the '7 forgotten wisdoms' of health and happiness, the **secrets of the world's healthiest and longest living people**, and the **peak productivity strategies of the world's most successful business people**.
2. Mark is 'not' a typical ex-footballer (he actually does have a neck and can string two words together!) and tailors his sessions to **'everyday people'** juggling busy jobs and hectic lives.
3. Mark knows that **'having fun'** is the key to any events success, and delivers loads of audience interaction, **'lots of laughs'** and ensures that everyone has a 'great time'.
4. Mark understands that your event is about **what 'YOU' want**, so he undertakes a **comprehensive pre-briefing process** with you to ensure you get exactly the type of session and results you desire. He is also super flexible, friendly, fun and easy to work with (which is why he is asked back by clients year after year).

Added Extras:



- To help your group maintain great results long after your event is over, Mark can include a range of added extras. E.g.
- follow-up email & **web resource support**
 - free subscriptions to his **online health & life balance programs**
 - complimentary copies of his highly popular **book/ebooks** (at left)

What Others Say About Mark's Sessions:

*"Brilliant...awesome presenter", "great session", "very relevant & fantastic speaker",
"...was brilliant...changed my life", "...was the best rated session so far!!"*

Various Attendees - **Ericsson Australia**

"... inspirational"

David Mott – **National Australia Bank**

*"Brilliant, thought provoking and entertaining seminar - ideal in any workplace and for any audience.
I have received so many thankyou's for your seminar." Rating = 100%.*

Caty Carfrae – **Dept Education & Workplace Relations**

"One of the best Professional Development seminars I have attended in 23 years."

Beverley Bell - **Penrhos College**

*"I have been involved in the wellbeing industry at conferences for the last 25 years, and that (seminar by Mark Bunn) was **one of the best sessions on health and well-being I have ever seen**"*

Amanda Gore – **Internationally Renowned Speaker and Expert on Health & Wellness**

*"Mark mumbles, has been known to pick his nose and his jokes aren't really that funny, but he's very lovable and I think you should book him" – **Mark's mum***

* For more testimonials or a VIDEO of Mark speaking, see <http://www.healthspeaker.com.au>

Talk Guarantee

Having presented successfully to all types of groups for over a decade, Mark is one of the few speakers happy to guarantee all his talks.

If at least 80% of your group do not consider the talk 'highly valuable & highly enjoyable', Mark will happily refund your seminar payment in full – no questions asked.

Summary

If you would like to inspire and motivate your team, have them learn some simple strategies for looking after themselves, while maximising their work performance and having some fun...contact us anytime.

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