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Mark Bunn

Mind-Body Health, Peak Personal Performance... and a Good Laugh:

Former AFL footballer Mark Bunn, blends high motivation and high fun with the best of East and West to show people how to achieve a health & wellbeing high.

The former teammate of many of the AFL's greats – Dermot Brereton, Shane Crawford, Jason Dunstall, Alistair Lynch and current Sydney Swans coach Paul Roos - combines a decades research into the health and success secrets of the world's highest performers with his experience coaching senior personnel from companies such as CBA, Merrill Lynch, PMM, Citigroup and Macquarie Bank to show people how to enjoy higher energy, lower stress, better life balance & greater work success.

Highly qualified in western health science, mind-body medicine & peak performance, Mark will motivate your team in how to implement simple steps for achieving their own 'natural high' – the peak 'lower-stress state' common to the world's healthiest high achievers.

Your Take Home Outcomes Can Include:

The universal 'natural cycles' governing perfect health & how to use them for high energy & maximum vitality...everyday how to go beyond stress management and not get stressed in the first place how to optimise the 3 pillars of lifelong wellness – diet, exercise & sleep/recovery how to understand peoples unique performance 'body-type' to know exactly what foods, exercise, work roles & stress-coping strategies etc are individually best for them the 7 Peak Productivity Principles as used by the world's most effective individuals the world renowned process for enjoying better work-life balance how to do it all despite high work pressures and hectic lifestyles

A Good Laugh:

For everyone to really enjoy a talk, a good laugh always helps. Mark not only motivates, inspires and provides great take-home information, he does so with lots of light-hearted humour and fun audience interaction to ensure everyone has a good laugh and really loves your event.

Popular:

The author of 'The Year Round Health & Wellbeing Program', Mark has presented to over 250 business groups across Australia.

With clients such as National Australia Bank, Ericsson, Smorgon Steel, Toyota Australia, Shell, Dept of Defence, Dept of Education, AXA Australia, ABS, Colonial First State, Subway, Mirvac, MLC, Boral, Duke Corporate Education (USA), Rio Tinto and The Commonwealth Bank singing his praises, Mark he is now considered a first choice speaker on health, peak performance, personal effectiveness and work-life balance.

Topic Possibilities:

Achieving Your Natural High – how to enjoy a healthy 'natural high'...everyday

The Work-Life Balance High – how to have high energy low stress life balance work success

Beating the BUSYNESS of Business – how to move from ‘busy’ to ‘effective’
The Health & Wellbeing High – how to enjoy great health, wellness & work-life success
Laugh A Lot...& Stress You Will Not - a ‘high laughs’ look at stress-free living

Testimonials:

"Inspirational"

National Australia Bank

"Brilliant, awesome presenter, well balanced and great health tips", "very interesting and well presented", "great session", "very relevant & fantastic speaker", "Good link to improved business performance", "I think we can assume that this was the best rated session so far!!"

Ericsson Australia (Various Attendees)

"Really excellent session. 86% rated the session as excellent, 14% good or very good and 3 of the extended comments were about Mark's session (referring to it as 'inspiring')."

Attorney-General's Department

"Everybody loved it. Mark's talk provided some great laughs, and some great tips on achieving a healthier lifestyle. So great in fact, we have asked him back for our Sales conference!"

Corporate Travel Management

"Keeping an audience of special events professionals in rapture is no easy task – but you did it! An inspiring 40 minutes that received fantastic feedback from our members. Thank you!"

International Special Events Society

"Mark mumbles, has been known to pick his nose & he's not as funny as he thinks he is, but he's a lovely boy".

Mark's Mum