

more information:

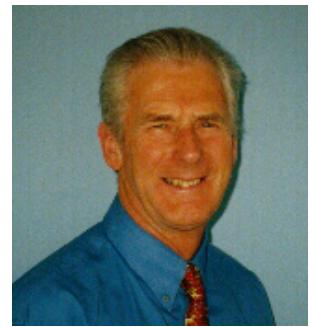
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*Incorporating Olympic Communicators
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ROWLAND MCGABHANN

“With an impressive background, a life long dedication to sports and physical fitness, and an incredible life story to go with it, he has a natural ability to teach individuals and teams how to motivate and empower themselves through the way they apply and relate mental focus & physical exercise to their personal and professional lives. “

Kevin Sheedy

ROWLAND MCGABHANN CPEI, APS, is a Physical Education Instructor and has studied biochemistry and behavioural psychology. He has an impressive background with a life long dedication to sports and physical fitness, and an incredible life story to go with it. He is also an Accredited Professional Speaker illustrating the skills and effectiveness of his presentations.

A former Irish national and international sporting champion and entrepreneur he has lived and competed in some of the most exotic places in the world. To do this, he had to overcome a tough upbringing in the rough neighbourhoods of post war Dublin.

THE FISH PHILOSOPHY

While visiting the fish markets in Seattle, film documentary maker, Steve Lundin, discovered the “FISH” philosophy. He observed one fish stall “*Pikes world famous fish place*” surrounded by happy and excited customers enjoying the antics of the employees “playing” while they worked. He was to discover that these guys based their whole work /life philosophy on four principles.

- ◆ Choose your attitude
- ◆ Be there.
- ◆ Make somebody’s day.
- ◆ Play.

And from this the “Fish” philosophy was born - inviting organisations to adopt and live these four ideals. There is no manual or workbook, simply a new way of “Living “ your day.

HOW ROWLAND INCORPORATES “FISH” INTO HIS PRESENTATIONS

Rowland discovered that many organizations encountered problems where they lacked the skills to help with the implementation when introducing the philosophy.

To assist in the implementation, Rowland has developed a program utilising the skills outlined in his top selling book “*Releasing the beast within, a path to mental toughness*” (co-authored with eminent sports psychologist Barry Squires) and the results are outstanding.

POSITIVE OUTCOMES YOU CAN EXPECT FOR YOUR ORGANISATION:

- ◆ A pro-active, happy and productive work environment
- ◆ Greater cooperation within the workforce.
- ◆ An understanding of “How” to control our attitude.
- ◆ Positive “Fish storms” for problem solving
- ◆ Positive balance in work/life ideals
- ◆ A greater acceptance of personal responsibility.
- ◆ Improvements in mental and physical health.
- ◆ A support system by the use of his interactive E-Zine.

Discover how you can literally break through inhibiting barriers and achieve satisfying results as Rowland reveals his secret on how to turn misery into opportunity through his streetwise approach to life.

CLIENT COMMENTS

"You are simply great."

Kevin Sheedy, Coach, Essendon Football Club

Excellent. Comments received from members of the audience were that Rowland was inspiring, interesting and funny. People loved listening to him and would have liked to continue for longer than we'd organised.

City of West Torrens

"Outstanding presentation. The team came away with many new mental tools that they found easy to put into practice."

Roche Pharmaceuticals

"Great fun, highly interactive, with a great message."

AMP

"The standing ovation from the notoriously demanding audience is testimony enough for your talent as an inspiring speaker, simply inspirational and highly recommended."

Nutrimetics International

"Great! The feedback from the audience was excellent. I highly recommend your services."

Local Government Finance Managers

"Rowland was perfect for a first thing in the morning wakeup! He had them active and feeling like they could achieve anything, great job."

NIBA

"Excellent feedback, comments included 'life changing', 'good to get back to basics to learn how easy it is', 'shot in the arm after a long day', 'very motivating, interesting and funny'."

Justice Department

"The results were excellent and your presentation was entertaining and highly motivational. Your unique style of interaction with the audience was fun while at the same time contained a good balance of "mental training", "motivation" and "challenge". The feedback from the audience was excellent. I would have no hesitation in recommending your services"

SA Local Government Finance Manager's Group Seminar Committee

"I believe the strength of the sessions was Rowland's ability to introduce information in a non-threatening, enjoyable manner and also to structure the sessions according to his audience. I wouldn't hesitate to recommend the services of Rowland McGabhann"

The Parks – Sports and Fitness Centre

"Feedback received has been excellent, with the teams leaving the meeting feeling extremely motivated and energised"... All in all the objective of this presentation, re: focus, was truly achieved. I would have no hesitation in recommending your services"

Roche Products Pty Ltd

"Your personal success story combined with fun and humour relates well to our audiences and certainly lifts the spirit in the room, exactly the kind of atmosphere that we like to create"

Rye Mill Bakery

We found the mental exercises you showed us all invaluable, as well as the many words of wisdom, and the way to change our thinking and approach to obstacles. In these challenging times it is imperative to be mentally strengthened to meet our goals.

Roche Pharmaceuticals

Rowland was perfect for a first thing in the morning wake up. He had them up and active and feeling positive as usual.

Waldron Smith Management

"Rowland was terrific. I loved the way he interacted with staff, both during and after the presentation."

Messenger Newspapers

"Rowland is a delightful person with much to share and inspire"

Lifepan Funds Management

"We found Roland's Presentation to be inclusive and motivating. It was interesting to hear that several speakers who were very nervous about presenting, felt that after listening to Roland's presentation and being asked on stage (with Roland) and breaking a board with their fist, it gave them the confidence to do their own presentation without fear of the audience. At one stage Roland asked for paired volunteers to go on the stage and it was interesting to see the amount of people that ran to the stage, we found that people are usually hesitant but Roland made them want to get up and be involved."

Sterilising Research & Advisory Council of SA inc.

"Excellent! Rowland did an excellent job and slightly altered his normal presentation to suit the audience, which gave it more impact. Very happy with outcome and overall presentation."

Aviva