

MARK > BUNN

SIMPLE WISDOM FOR CONSCIOUS LIVING

Looking for an entertaining, high-energy speaker to help your people SIMPLIFY the SHIFT to conscious living and enjoy happier, healthier, higher performing lives?



This was the best presentation we've ever had in our wellbeing program.

Simon Habak
COMMONWEALTH BANK

Mark will change the way you think about wellness and quite possibly your life.

Robert S. Conlee – CEO
NEWAYS INTERNATIONAL, USA

MARK BUNN

“...one of the best speakers I’ve heard in a long time.”

Scott King – CEO
QUDOS BANK
(QANTAS CREDIT UNION)

SIMPLE WISDOM FOR CONSCIOUS LIVING

FACT: The healthiest, happiest people to ever live have never heard of good fats, bad fats, sleep apps or optimal heart rates... they’ve simply understood the timeless ‘wisdoms’ of health, happiness and high performance.

You and your team can too.

As one of the world’s leading experts on health and personal performance, **former Australian Rules footballer** and **three-times best-selling author** of ‘Ancient Wisdom for Modern Health’, Mark Bunn understands the difficulties facing workers and organizations today – high stress, poor sleep, negativity, poor work-life balance, low motivation and workplace morale.

Mark uniquely blends both **Eastern and Western** health-science, the **secrets of the world’s healthiest people** and **highest performing business people**, to help overcome these issues with simple, down-to-earth solutions. Audiences love his highly entertaining and fun delivery style and how he makes the latest research from topics such **mind-body medicine** and **positive psychology** practical, uplifting and fun.

Based on real life advice for everyday people (you’ll never hear anything from Mark about grinding linseeds or activating your bloody almonds!), his sessions go far beyond flavor-of-the-months fads, focusing on how to promote peak brain functioning and effective work-life transitions through to **team harmony**, **higher consciousness**, **resilient relationships** and a sense of **community** and **connection**.

For any business or high-performance group, it’s a no-brainer! A new age of health and wellbeing is coming... and Mark Bunn can help show you the way.

“Mark Bunn was electric!”

Michelle Bare – Events Manager
FMG INSURANCE NEW ZEALAND





MARK BUNN

CORE KEYNOTES & WORKSHOPS

Available as Live, Virtual or Hybrid Sessions

Deloitte.



zest

ACHIEVE YOUR
**NATURAL
HIGH**

High energy, low stress,
life balance, work success.

Being healthy, happy & productive is
easier than you think.

Mark's research into the secrets of the
world's healthiest people, age-old Eastern
health wisdoms (Ayurveda), and the
latest modern science has unlocked the
secret to simple, 'time-friendly' methods
for living a healthy, high-performing,
balanced work-life.

IN HIS ENGAGING SIGNATURE
KEYNOTE MARK WILL SHOW
YOU HOW TO:

- Reduce stress/anxiety up to 30% &
improve work-life balance by 40+%
- Sleep better & enjoy greater vitality,
mental focus & a healthier weight
- Use sunlight and earthing to significantly
improve emotional health & attitude
- Simplify modern-day health advice, reduce
sick days & improve workplace morale

"Brilliant", "changed my life"
"best rated session so far!!"

Various Attendees
ERICSSON

MARK BUNN

zone

The DAILY HABITS of HIGH ACHIEVERS



**“Weeks after your session,
everyone is still raving about it!”**

MARK BUNN

Kristy Harder – Strategic Brand Manager
DUPONT

**Work smarter not harder to do 30% more
... in 30% less time... with 30% less stress!**

Everyone is busy, but how many of us are truly productive?

With the “cult of busy” in full swing it’s no wonder many of us feel overwhelmed with work. Yet the most effective, high-performing business people in the world (think Tim Ferriss, Arianna Huffington, Richard Branson) seem to do more with less... a lot less.

In this engaging, practical and highly-relevant workshop, Mark teaches participants the 7 productivity practices of high achievers that will transform their time-management, motivation and bottom-line results.

KEY TAKEAWAYS INCLUDE HOW TO:

- › Stop email, facebook and other digital disruptions sabotaging productivity
- › Reduce distractions, control technology and outsource to save time and stress
- › Get in your ‘Flow State’ to do much more, in less time... more often
- › Better clarify goals, prioritise and motivate yourself and others

zen

MindSpace

Ancient wisdom for modern mental health

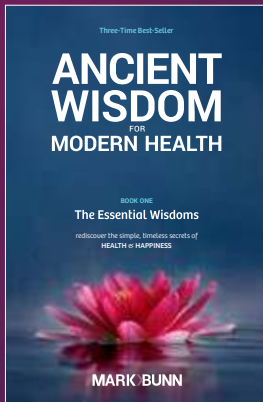
In many cultures around the world, modern mental health issues such as anxiety, depression and insomnia are almost unheard of. What do they know that we have forgotten?

In this refreshingly simple yet profound session, Mark uses modern science to back up the age-old, ancient wisdoms of health as lived by the world's happiest and longest-living people.

Focusing on the latest in neuroscience, mind-body development and actionable insights, delegates leave with simple, everyday practices to immediately improve their mental health, become more resilient and significantly boost their work performance.

LEARN:

- the 3 revolutions changing the face of mental health
- how to go beyond mindfulness and develop integrated brain function & higher awareness
- how to use morning sunlight, earthing and nature immersion to reduce sleep problems, anxiety and depression
- how anyone can increase productivity, sales & resilience by 30+% through the 'happiness advantage'
- how to control social media rather than have it control you
- why connection/community, social ties and having a bigger purpose are by far the most critical factors for mental health... and how to get them

[MORE](#)[BOOK](#)

*As a gesture of goodwill, with all MindSpace talks, Mark provides his best-selling 'Ancient Wisdom for Modern Health' book complimentary to every attendee (as e-book or audio book) plus a number of hard copies for anyone dealing with mental health issues or simply 'doing it tough'.

"One of the best sessions I have attended in my career", "Inspiring" "the highlight", "engrossed from start to finish", "... amazing!"

Various Attendees
SUNCORP TOP 100 EVENT

MARK BUNN



Self Care 101

Recovery, Reconnection, Reinvention

Is your team struggling with covid fatigue, hybrid work burnout, feelings of disconnection or simply wanting to get back their pre-pandemic passion and positivity?

Would you like to help them re-ignite their mojo?

In this powerful keynote, Mark explains **why Self-care is now the single-most important skill for sustainable high-performance**, as well as the 3 critical areas for recharging our mental health, wellbeing, motivation and morale.

Recovery: Why it's more important than 'resilience' ... and the science and art of '*micro-recovery*'.

Reconnection: Why connection is everything and how to improve personal and team **relationships** in a hectic, hybrid-working world.

Reinvention: How to turn change and challenge into opportunity and growth.

Learn...

- › How to ↓ **burnout & stress by 40+ %**
- › How to ↑ **productivity by 30+ %**
- › How to ↑ **creativity** & improve **problem-solving by 50%**
- › Why '**transcendence**' is more important than mindfulness ... and how to experience it
- › Simple, everyday tools and tricks for **better looking after ourselves!**
- › Timeless, proven wisdoms of **health, happiness & high-performance**

* All sessions include complimentary (digital) copies of Mark's best-selling book '*Ancient Wisdom for Modern Health*'.

'fantastic extremely insightful and engaging ... very funny ... loads of practical strategies ...so simple and easy to understand ... my favourite (speaker of the conference)'

Ray White Principals & PM's Conference - April 2022

MARKXBUNN

CONSCIOUS LEADERS

Where wellbeing KPIs are as important as business KPIs

Like to improve your team's ...

- › PHYSICAL FITNESS › MENTAL HEALTH
- › EMOTIONAL RESILIENCE › CONSCIOUS AWARENESS

In recent years, CEOs and top executives from companies such as Accenture, Oracle, Goldman Sachs, Samsung, Apple, JP Morgan and GE have stepped down or exited their roles due to health-related issues – stress, burnout, unexpected early death and even suicide.

FACT: 'Work hard, play hard' is gone. Today, the single most common attribute of high performing business people – the likes of Richard Branson, Janine Allis, Anthony Robbins, Arianna Huffington & numerous others – is that they make their health & wellbeing No.1.

Leaders Wellbeing Solution:

Conscious Leaders is a paradigm shifting keynote or workshop perfect for any off-site leaders retreat or business event. Combining the latest science with ancient wisdom, it **shows leaders how to better look after their most precious resource – THEMSELVES – while scaling their business output.**

* Ideal for C-suite executives, senior managers, business owners, entrepreneurs and leaders of any kind.

Learn:

- › what the world's top performers do to maximise **energy, exercise, sleep & motivation**
- › how to supercharge productivity through **circadian medicine/chronobiology** (syncing with natural performance cycles)
- › why **meditation** ('Transcendence') is now a non-negotiable for elite level performance
- › how to ↓ **stress** by up to 50+% & improve 'life balance' by 40+% (**how to switch off**)
- › how to ↑ **productivity** by 31% with **positive psychology, gratitude & journaling**
- › how to **champion wellbeing & self-care** for your **entire team** or company
- › how to do it all within **ever-increasing work demands**

"Brilliant! Fun, engaging and entertaining."

Annie Meyer
YOUNG PRESIDENTS ORGANISATION



MARK BUNN

THE CONSCIOUSNESS REVOLUTION

Going from mindfulness to 'transcendence'... Why consciousness is the ultimate game-changer and the next BIG thing!

“ ... practical ... interesting and mind-changing ... a great speaker.”

Cloudia Wu – Senior Events Manager
AUSTCHAM, HONG KONG

MARK BUNN

We're always looking for the next big thing to improve human performance. We've had positive thinking, emotional IQ, mindfulness...

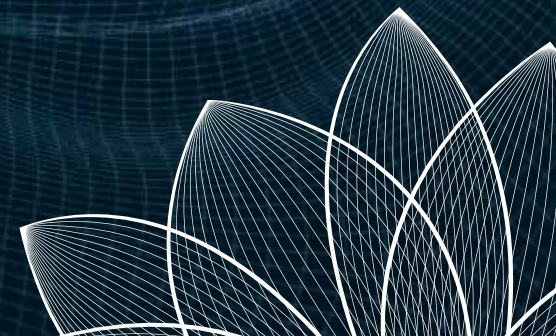
What's next? The Consciousness Revolution.

Western science is just now glimpsing the almost infinite potential of human 'consciousness', a field that Eastern traditions have understood for thousands of years. The research is clear - develop consciousness and you promote global brain functioning resulting in remarkable improvements in everything from IQ, relationships, decision-making, focus, creativity, zone-states, mental health and everyday performance.

Mark's cutting-edge talk outlines the latest developments in neuroscience and how by utilising ancient technologies of the mind we can transform our business and life success.

KEY TAKEAWAYS:

- How simple technologies of transcendence can create higher states of consciousness and self-awareness
- How this translates to unparalleled improvements in personal health, inner contentment, stress resilience and business productivity
- How consciousness is what ultimately connects us as families, companies, societies and how it can be developed to promote a heightened sense of team, harmony & community



'Conscious Living' Mind-Body Workshops

YOGA • MEDITATION • NUTRITION • BREATH

Want to add some physical activity (Zest), relaxation (Zen) or mindful focus (Zone) to your event?

WOULD YOU LIKE TO...

- › spice up or chill out your conference or create a happier, calmer workplace?
- › have your team learn simple tools for combating stress, anxiety, exhaustion & negativity?
- › boost morale, motivation, mindfulness, productivity and positivity?

Now you can with an entertaining workshop or conference energiser with Mark Bunn &/or Annie Ellis-West - an internationally trained Yoga teacher and nutrition coach.

"One of the best professional development seminars I have attended in 23 years"

Beverley Bell
PENRHOS COLLEGE

MARK BUNN

"Thank you thank you. So many attendees said your session was 'the best wellbeing session we've ever had'. You and Kurt Fearnley were the standouts from our entire conference."

Angela Tan
PEOPLE'S CHOICE
2018 CONFERENCE

WORKSHOP OPTIONS:

- › **YOGA:** Live, onsite workshops &/or virtual sessions. Mini-yoga or stretching segments can be incorporated into any conference or off-site event or try 'desk-yoga' for your workplace.
- › **DIET & NUTRITION WISDOM:** Short talks or breakout sessions on topics such as; healthy eating for people on-the-run, home cooking tips & tricks, food secrets for optimal energy, focus & calm.
- › **MEDITATION:** Guided group sessions in basic mindfulness techniques through to more advanced practices.
- › **BREATH WISDOM:** Learn the latest breakthroughs of breathing for boosting all-round health and mind-body performance.

* All workshops based on practical, hands-on activities, immediately useful take-aways and suitable as stand-alone sessions or the perfect complement to one of Mark's inspiring keynotes.

ABOUT MARK BUNN

Mark Bunn wants to create a SHIFT in our thinking about health, happiness, high-performance and higher consciousness.

“We’ve never had more access to health information - everywhere we turn, there’s a new diet, a new medication, a new exercise regime – yet we’re more stressed, depressed, sleepless and overweight than we’ve ever been before.”

Surely it should be simpler?

That was the thought that consumed Mark after completing an Honours Degree in Exercise Physiology, a demanding course of studies deeply entrenched in western health science. As a **former professional AFL footballer** (a very ‘inglorious one he says), Mark already had a deep understanding of high-performance health science.

But years of training and study hadn’t provided the holistic answers to health and contentment he was looking for. A volunteer trip to South East Asia to work for an aid group changed all that.

Mark witnessed incredibly poor people with very little, who were, by and large ... extremely ‘happy’.

They certainly didn’t worry about good fats, bad fats, cholesterol levels or high-tech exercise programs. Their levels of health and happiness however were off the charts.

So began Mark’s research into Eastern medicine. After years of studying the world’s healthiest, longest living people and formal training in **Ayurvedic medicine** (Maharishi Ayurveda), he wrote his first book **‘Ancient Wisdom for Modern Health’**.

It’s popularity in becoming a three-time best-seller confirmed Mark’s belief that making health simple is the key for sustained happiness at work and home.

Mark’s continued research has led him to study those who are successful in business while still enjoying a **meaningful life balance**, a topic particularly close to his heart after losing his wife to stress-related breast cancer. This personal tragedy deepened his empathy for those suffering from health issues or dealing with extreme stress and motivated him to continue his studies into the latest science on mind-body medicine & **positive psychology**.

In more recent times, Mark has also looked into the use of time-honored ‘technologies of consciousness’ to develop **‘higher states of consciousness’** - a term coined by the great Indian scholar Maharishi Mahesh Yogi.

Mark’s combination of modern and ancient systems of health provides a **unique approach that simplifies the prevailing confusion in our lives**. He now condenses all this into his popular keynotes and workshops.

When he is not speaking or writing, Mark is a keen golfer, meditator, Seinfeld-watcher and ‘uncle’ to his six nieces and nephews. He is also a trained **teacher of Transcendental Meditation** and the former CEO of The **David Lynch Foundation Australia** – a not-for-profit charity that helps those suffering extreme trauma or stress - domestic violence sufferers, vets with PTSD, children from troubled backgrounds and others in need.

When it comes to health, happiness and high-performance, Mark invites you to look at a new approach... a ‘wisdom-based’, higher consciousness approach!



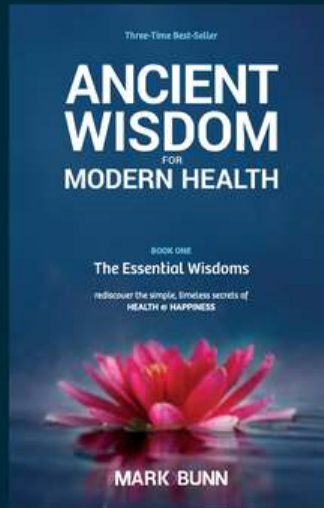
resources

MARK BUNN

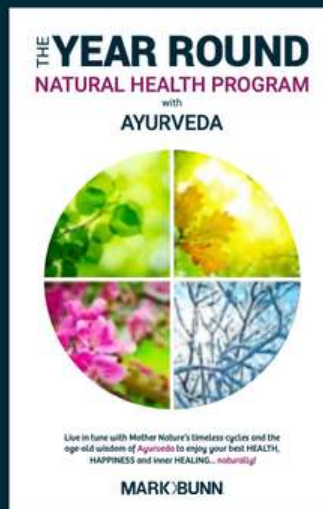
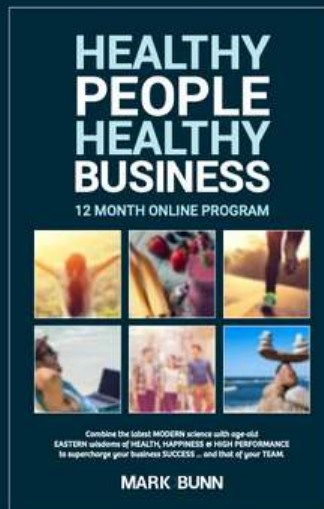
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INDIVIDUAL TOPIC PDF DOWNLOADS

