

# Michael Crossland

---

*Speaker, Executive Coach, Humanitarian and International Best Selling Author*



Michael has been a fighter since birth, defying the odds of surviving not only a rare form of life-threatening cancer, but being the sole survivor of a horrific cancer drug trial. His battle continues to this very day, having spent nearly  $\frac{1}{4}$  of his life in hospital. Michael is a true fighter, and despite only being told what he could not do, he continually shows the world absolutely everything that he can accomplish.

A businessman and elite sportsman, Michael is at the forefront of today's new generation of inspirational speakers and is one of the most in demand and highly respected speakers in Australia. He has shared the stage with the likes of Sir Richard Branson & the Dalai Lama & a recent video of him speaking in LA has been viewed by more than 88 million people. After releasing his first 'tell all' autobiography he is now a number 1 bestselling author across 6 different countries and runs his own school and orphanage in Haiti.

Raw, real and truly life changing, Michael's story will undoubtedly bring a tear to your eye and a smile to your heart, as he shares the keys to happiness, the importance of embracing change and the mindset needed to achieve your dreams. Once you hear him speak, you will have a renewed perspective on life.

## ***Michael Crossland talks about:***

### **Leadership, Accountability and Mindfulness workshop (90 min)**

Michael will share many tools and techniques to silence the mind, take back control of our thoughts, set positive and structured daily routines along with helping to delve deep into the way our body and brain connect with our language. This session will also have a section to assist in how we react Vs respond to staff, customers, patients & team members with tips and practical tools to implement daily to maintain control, build a powerful and inclusive culture as well as accountability around learnings to ensure follow through sticks. If you wish, we can also include a

component of high energy, fun and laughter with team building activities that assist with embracing change, winning as a team, the importance of communication as well as accountability to implement learnings along with a short mindfulness reset session.

This session is focused around wellbeing, mindset, mental health and sharing practical tools to implement on a daily basis to assist with burnout, anger, anxiety, frustration and resilience.

Key takeaways will be:

- The importance and structure around a powerful morning and evening routine
- The 3 steps to help with emotional burnout/frustration/anxiety and to help top the tank back up regularly
- The importance of language and the impact this can have on our state of mind and wellbeing from a subconscious point of view
- How to bring yourself back to being present with some simple activities allowing “your head to be where your body is at”
- The 3 Ps for peace of mind (patience, persistence and perspective)
- Proactive steps on how to assist in identifying what your body is lacking from a chemical point of view and how to rebalance.

## Client testimonials

---

“ I have been attending these events for over 40 years and Michael, you by far are the greatest speaker I have ever heard. Your session had it all and I am a better man for being in that room. You certainly deserved that standing ovation and so so much more.

- **Ted Reinheimer**

“ Well, you just finished your ‘gig’ here in Scottsdale Arizona - mind boggling, hysterical, heartbreaking and heart warming!!! Thank you for being so brave and funny and persistent and generous, and kind. You made my day, and I am promising to pay it forward!!

- **Khris Turpin**

“ I attended Million Dollar Round Table Global Conference in Singapore late 2023. With nearly 10,000 in attendance, I think your standing ovation said it all. Truly the most motivating, inspiring, emotional, mind boggling session I have ever experienced. You hit on all of the emotions!!! God bless you Michael.

- **Julia Stevenson**

“ Michael Crossland was truly one out of the box. His story was at times heart wrenching, but the overarching message of refusing to let adversity define you struck a chord with our audience that I don’t believe we have hit before, or will manage to again. Never have I seen

500 people leap to their feet so quickly in a unified standing ovation. As a professional speaker, Michael's attention to detail, ability to speak to brief and skill with an audience's focus was second to none. From a booking point of view, he was friendly, approachable and entirely focused on what we were trying to achieve at our event. I cannot recommend him enough.

**- Franchise Council Australia**

“ Words escape me to truly express my thanks for the amazing journey you took us all on today as the keynote speaker at the HR Teams event in Sydney and the roller coast ride of emotions you evoked in us all. I feel incredibly humbled and honoured to have met you and want you to know how much you touched everyone in the room today (myself included) with your warmth, passion, incredible spirit and courage in the face of such adversity. The room was charged full of raw energy and emotion when you finished and many members commented to me afterwards how incredibly inspirational you were and how powerful your messages, learning's and insights were. My congratulations.

**- International HR Director Forum, CEO Forum Group**

“ Thank you for sharing your inspiring, yet very personal, story at our company Kick Start event earlier this year. From business to sport you reminded us that in life anything we set our mind to we can accomplish successfully. You are a true inspiration to us all.

**- McGrath Estate Agents**

“ Your achievements in the face of adversity in both business and sport are truly remarkable. Hearing about your tenacity and persistence in the face of so many hurdles was inspirational and highly motivating for those of us who work in a competitive sales environment and have our wins and disappointments, albeit no comparison with yours. Perhaps your experience in sales and sales management helped but we felt you connected particularly well with our people from the outset and the feedback since has been nothing short of exceptional. We are all better for the experience.

**- Buxton Real Estate Group Pty Ltd**

“ The feedback from our Leadership was fantastic and after assessing the feedback sheets 100% of the delegates rated your session as Excellent! It was wonderful to have you share your story with our team again.

**- CBRE**

“ Your passion, determination and enthusiasm for everything you do is infectious, and your message to our team was inspiring, thought provoking, and motivating. I'm sure many in our team took something from it about how to live life in a meaningful way, the power of positive

thinking, and the importance of lending a hand to those less fortunate than ourselves. I've no doubt the short time you spent with the team, will have a long lasting impact.

**- 7-Eleven Stores Pty. Ltd**

“ Your presentation was excellent and if I could find a better adjective I would use it. It was our privilege to have you be our opening key note speaker at our final conference. Our members, every year attend 2-3 conferences, and we as an Association of 20 years we have had more than our share of speakers over this time. To get feedback from those attending saying that you were the best speaker that we have ever had, or many have heard, is high praise from this group. We have an age demographic of 30-65 with the majority of them being male at the higher end of this range and to have them still talking about your key note at dinner that night was fantastic and a tribute to the man you are.

**- Australian Fire Managers Association Inc.**

“ We would like to express our heartfelt thanks for your contribution to the Campbell Arnott's Gala Dinner. Aside from doing a fantastic job as MC, sharing your amazing story had the entire audience of over 500 people spellbound. Weeks later we are still receiving calls & emails to say how special you made the night by bringing into perspective why we are all here & what we can achieve in life. Your amazing contribution helped raise \$159,175 in just 1 night.

**- Campbell Arnott's**

“ You are a true professional. You manage to smoothly deliver the night's activities in a light hearted, upbeat and inspiring way. Your fast, accurate & humorous ability to run our live auctions and promoting our sponsors is first class. You have been an integral part of this very successful sold out Dancing With Coffs Coast Stars event over the past 5 years and this year raising over \$101,000 on the night was a huge result. The words Thank You seem somewhat short of the appreciation we have for your support.

**- Cancer Council**

“ As always you were the consummate professional & ultimate MC. Your infectious humour during the evening along with you inspiring messages is without a doubt the reason we were so successful in raising so much throughout the evening. Continue your amazing work & thanks for your support!

**- M.N.C. Community Care Options**

[VIEW SPEAKER'S BIO ONLINE](#)

[VIDEO OF SPEAKER](#)