

# Mark McKeon

---

## *Achieving personal success, building teams and creating leaders*

Mark McKeon is one of Australia's leading work/life balance and team cohesion advocates. He presents keynotes and tailored sessions, and along with his team, conducts workshops and conference programs in Lifestyle, Team Building and Leadership.

Mark was High Performance Coach for the famous Collingwood AFL team for 15 years and was Consulting Editor to Ultra-Fit Magazine, both in Australia and the UK. He is also the creator of the innovative Go Zone and Every Day Counts programs. The latter has been ratified by fitness bodies throughout Australia.

Mark is the author of four books including *Work a Little Less, Live a Little More* which has become the bible for work/life balance in corporate Australia. *Every Day Counts* was the first book ever to be endorsed by the Australian Government's Health Promotion arm, Active Australia.

During Mark's time at Collingwood, the club also outsourced its entire fitness and training function to Mark's team. He acted as Collingwood's Club Runner for the AFL record of more than 250 games. He also worked with Victoria in the State of Origin Series on five occasions.

Mark played VFL football for Melbourne and represented Victoria through the VFA. In 1998, at age forty-one, Mark was part of the winning team in the inaugural AFL Triathlon, competing against current players from all teams. In the same year he competed in, and gave a commentary of, the gruelling British Cross Training Challenge in London.

### **Mark McKeon talks about:**

- Achieving the work /lifestyle balance
- Getting in the 'Go Zone'
- Team building and leadership - 'The 5 Pillars of Leadership'
- Embracing change - 'The 3rd C in Success'

### **Client testimonials**

---



“ The inclusion of Mark as our main platform speaker proved a huge success with our delegates. His message and delivery were very well received and greatly enjoyed by all.

- ***RetireInvest***

“ This is one of the best team building sessions we have had. It was planned and executed exceptionally well.

- ***Nestle***

“ Mark gives a well prepared and delivered presentation that would work in any industry with any audience.

- ***Australian Birth and Post-natal Services***

“ It was fantastic. The hour passed before I knew it. I could have listened to Mark all night.

- ***Pittard Training***

“ Mark was funny, cheeky and entertaining. He had a great message for the audience to take away and everyone could relate to him.

- ***IBM***

“ I think we are still buzzing about your session Mark! The concept of the zones has appealed to all of those Gentrackers in attendance yesterday - and the feedback from customers has been glowing. Your message and communication style added significant value to the User Group - and I believe you may have more business coming your way from what our customers had to say afterwards.

- ***Gentrack***

“ Mark was received very well by the audience, his insightful presentation gave them lots to consider. Many participants commented that they had a lot to take back to their workplaces and implement.

- ***The Association for Payroll Specialists***

“ Mark is clearly the best keynote speaker we have ever had.

- ***Hella***

“ Fantastic. He received mostly 4's and 5's from our response survey.

- *Geelong Young Professionals*

[VIEW SPEAKER'S BIO ONLINE](#) 