

Jay Pottenger

Workplace Wellbeing, Mental Health, Productivity

Jay Pottenger ignites audiences with his entertaining and practical strategies to improve wellbeing and performance. As a postgraduate in neuroscience and mental health, and an accredited mindfulness and meditation coach, Jay offers a unique blend of science and practical tools to help individuals and organisations thrive.

Drawing from his diverse background as a former athlete, 15 year corporate career, postgraduate neuroscience and mental health, husband, and father, Jay deeply understands the pressures of modern life. He translates this understanding into simple, actionable tools that resonate with audiences across various industries.

Jay's expertise is highly sought after, with experience working alongside global brands such as IAG, Woolworths, Estée Lauder, eBay, and Westpac. He will transform how your teams think, focus, and perform.



Jay Pottenger Talks About

- High Performance Mindset: Proven techniques to cultivate a high-performance mindset for teams and leaders to manage workloads, stress and change
 - Workplace Wellbeing: Actionable strategies to boost employee satisfaction and enhance organisational performance so your workplace can thrive.
 - Happiness in the Workplace: Practical approaches to fostering workplace happiness for increased innovation and productivity
- Productivity: Finding focus in a world of never ending distractions by creating healthy habits and unlocking motivation

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