

MARK BUNN

Health, Happiness & High-Performance Speaker, Ayurveda Coach/Podcaster, Author of 3x bestseller 'Ancient Wisdom for Modern Health', Transcendental Meditation Teacher, CEO of the David Lynch Foundation Australia and an International Expert on applying timeless Eastern wisdom for modern-day work-life success.

Simple Wisdom for Conscious Living

THE BACK STORY...

Mark Bunn is a former professional AFL footballer, a natural-health coach specialising in Ayurvedic medicine and the author of 'Ancient Wisdom for Modern Health'. Mark's unique blend of both Eastern and Western health-science helps people simplify the shift to health, happiness, higher awareness and high performance through a fascinating blend of ANCIENT EASTERN WISDOM and MODERN WESTERN SCIENCE.

Combining the latest, cutting-edge research, age-old insights of Ayurvedic medicine (Maharishi Ayurveda) and the secrets of the world's healthiest, longest-living people and highest performing business people, Mark reminds people of the simple, forgotten wisdoms of health and introduces them to a whole new world of future wellness possibilities.

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.

As one of the world's leading experts on health and personal performance, Mark has been invited to speak in Australia, New Zealand, Asia Pacific, South Africa, the Caribbean and the USA, and his clients include Deloitte, CBA, Westpac, NAB, Telstra, Duke Corporate Education (USA), YPO Asia-Pac, Hong Kong COC plus almost 100 schools/educational groups.

Mark is also a certified teacher of Transcendental Meditation and CEO of the David Lynch Foundation of Australia—a charity that raises money to teach TM to the most traumatised individuals—domestic violence sufferers, disadvantaged youth, war veterans with PTSD etc. Having experienced the loss of his wife to breast cancer he is extremely compassionate to the various challenges people face today.

With Mark, you won't hear anything about counting goddamn calories or analysing fats! You will however learn why things like happiness, human connection, having a higher purpose and developing higher states of consciousness are far more life-changing than having a six-pack, drinking green smoothies or activating your **bloody** almonds!

"Mark will change the way you think about wellness and quite possibly your life." Robert Conlee - CEO Neways International

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



Simplifying the shift to conscious living, creating happier, healthier and stress-free lives through the collective wisdom of East meets West.

IDEAL FOR THESE AUDIENCES

- CEO's and C-Suite Executives (CFO, CMO, COO)
- School Principals, Vice Principals and Education Professionals
- Senior Executives and Team Managers
- HR Managers
- Health and Wellness Managers &/or Committees
- Conference Organisers and Meeting Planners
- Professionals
- Business Owners and Entrepreneurs
- Corporate, Business, NFP and Health and Wellness Event Organisers

TALKING POINTS

- What is Ayurvedic medicine & how can it be used to improve health & business success today?
- How does Ayurveda/Eastern medicine view things like intermittent fasting, ice-baths, veganism, modern fads?
- Learn the elite-performance wellbeing tactics reshaping business success
- What is 'The Consciousness Revolution'?
- Learn how to work smarter not harder to do 30% more ... in 30% less time... with 30% less stress!
- Why happiness is the new key to work and life success and how anyone can be happier in minutes
- Secrets of the world's healthiest, longest-living people and highest performing business people
- Why consciousness is the ultimate gamechanger and the next BIG thing
- What are the big trends in health and performance that business and educational leaders will need to embrace over the next year or two?
- What do the world's highest performers do differently to the rest
- Unlocking the secret to simple, 'time-friendly' methods for living a healthy, high-performing, balanced work-life.
- How to boost mental health, social connection and productivity in physically isolated teams

AS FEATURED HERE:



Ancient Wisdom for Modern Health Podcast

CONTACT DETAILS

For enquiries or to book Mark Bunn as a guest on your podcast, please contact the Experts On Air Podcast Booking Agency
info@expertsonair.fm. **EXPERTS ON AIR**

All guests represented by Experts On Air are precommitted and supported by us to co-promote guest appearances on their social networks.