MARK BUNN

SIMPLE WISDOM FOR CONSCIOUS LIVING

SCHOOL & EDUCATIONAL GROUPS

Help your wonderful team simplify the SHIFT to
enjoying happier, healthier and stress-free lives
through the collective wisdom of East meets West.

"inspiring" "uplifting" "life-changing"

Mark is the perfect fit - entertaining, informative, enlightening and uplifting.
So many of our staff said it was the best PD they have ever had!

PAUL BELTON
PRINCIPAL ST PAUL'S COLLEGE

MARK BUNN

"Mark Bunn can hold a whole room of chatty, hard to please teachers in the palm of his hand."

Sandra Langford – Principal
MANNING VALLEY ANGLICAN COLLEGE

Does your team of school leaders and/or teachers and support staff have demanding jobs and ever-increasing workloads?

Do they find it difficult staying positive, focused and on top of stress?

Would you like to give them a healthy dose of inspiration, motivation and fun together with the latest strategies for enhancing personal happiness and balancing work-life?

As one of Australasia's leading health and personal performance researchers, former AFL footballer and best-selling author of 'Ancient Wisdom for Modern Health, Mark Bunn understands the difficulties facing educational leaders and their staff today – high stress, poor sleep, lack of work-life balance, and possibly negativity, low motivation and morale.

With his unique blend of Eastern and Western health-science and the secrets of the world's healthiest, longest-living people and highest performing business people, he helps people overcome these issues with simple, down-to-earth solutions. His highly entertaining presentations specifically for principals, school leaders, teachers, administrators and support staff are commonly referred to as "inspiring", "uplifting" and "life-changing".

Mark won't bore you talking about fats, calories or heart-rates. Instead he'll remind you how the real, proven wisdoms of health have much more to do with natural performance cycles, happiness, good relationships, meditation, having fun, community and connection than having a six-pack or drinking green smoothies!

For any school or educational group, it's a no-brainer! A motivated, happy team has fewer sick days, more energy, better morale and perform at their best.

"The best staff development day ever!"

Irene Regal & Rita Paolini
MATTHEW PEARCE PUBLIC SCHOOL

HEALTHY STAFF HAPPY SCHOOLS!

Keynotes and Workshops

Any of the following sessions can be combined into half or full day programs.

"Awesome!"
St Philips College, NT

"Best PD Day in 16 years"
Penrhos College, WA

MARK BUNN

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HEALTH IN THE AGE OF AI

Elevating Our Wellbeing in an Increasingly Artificial World

As artificial intelligence transforms the way we live and work, human health and wellbeing have never been more important – or more at risk.

This keynote explores how timeless wisdom, nature's intelligence and our innate human potential can help us thrive in a high-tech world, drawing on Ayurveda, traditional indigenous wisdom, neuroscience and modern research.

Mark shares practical, evidence-informed strategies to enhance physical health, mental clarity, emotional resilience and human connection – so we can stay healthy, balanced and fully human in the age of AI.

KEY TAKEAWAYS

Reconnect with nature's intelligence
Align with natural rhythms to boost health, energy and resilience.

Optimise your natural intelligence
Practical tools for better brain health, focus and emotional balance.

Build lasting energy and vitality
Simple strategies for sleep, nutrition, movement and stress resilience.

Strengthen human connection
The vital role of meaningful relationships and community.

Thrive in a high-tech world
Harness the benefits of AI while protecting your health and wellbeing.

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 have 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

MORE BOOK

"Mark came along and wowed the crowd with his insightful and humorous presentation. Impressive, interesting and fun."

Lyndsey Smith – GORDON INSTITUTE OF TAFE, GEELONG

MARK BUNN

zone

The DAILY HABITS of HIGH ACHIEVERS

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 Richard Branson, Janine Allis, Tim Ferriss) 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

MORE BOOK

"I was cursing whoever planned a 3 hour PD on the FIRST day back but it was JUST WONDERFUL!!! My most useful PD day EVER!"

TEACHER FROM ALL SAINTS ANGLICAN SCHOOL

MARK BUNN

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?

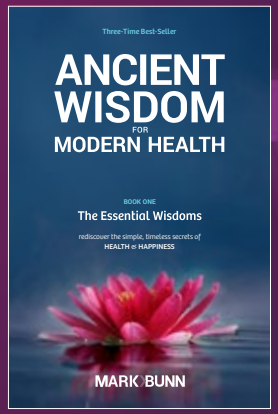
In this refreshingly simple yet profound session, Mark uses modern science to back up the age-old, ancient wisdoms of health as lived by the world's happiest and longest-living people.

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

MARK BUNN

zen THE HAPPINESS ADVANTAGE

Why happiness is the new key to work and life success and how anyone can be happier in minutes.

We commonly think that being healthy and more successful will make us happy. We've turned the happiness goal into a hamster wheel we can never get off.

What if we've got the formula all wrong?

The latest research shows that by focusing on making people happier, every aspect of their health, work performance and life success skyrockets.

IN THIS FASCINATING NEW SEMINAR YOU WILL LEARN:

- The 3 simple activities to increase **sales, productivity & stress resistance** by **30%+**
- Why **relationships, fun & connection** are far more important than diet and exercise
- Why many so-called 'healthy behaviours' can actually **destroy our health**
- How to be **happier**, more **positive & optimistic** in just 2mins/day

MORE BOOK

"One of the best PD seminars I have attended in my 23 years. Everyone needs to hear this information".

Beverley Bell – SENIOR TEACHER PENHROS COLLEGE

MARK BUNN

‘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.

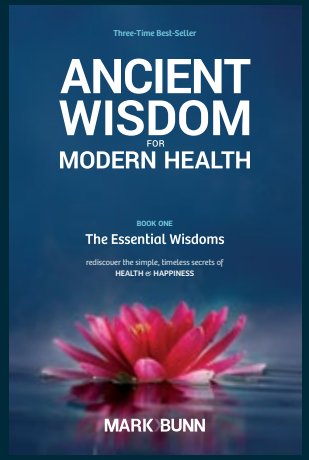
resources

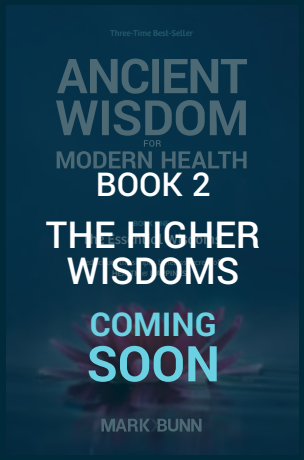
MARK BUNN

WATCH MARK IN ACTION!

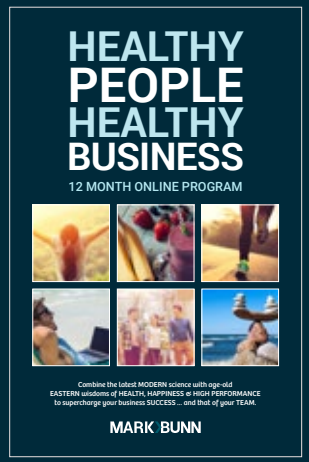
SEE MORE VIDEOS OF MARK

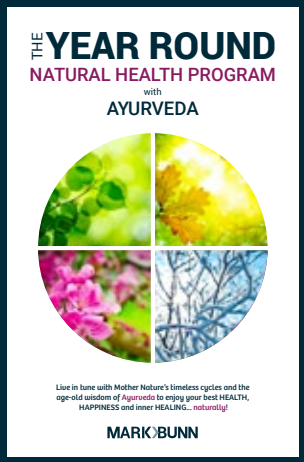
MARK'S BOOKS





MARK'S PROGRAMS





GROUPS MARK HAS WORKED WITH INCLUDE...

New South Wales

Waverley College
St Dominics Penrith
St Pauls Manly
The Hills Grammar School, Moss Vale PS
Auburn PS, Harrington St PS, Matthew Pearce PS
Dept of Education (multiple)
Sth Highlands School Admin & Support Staff
University of Technology (UTS)
Barker College
Leaders of Independent Schools of Australia
Primary Principals Conference
Western Sydney (EMU Plains) Primary School Cluster
Hunter Valley School
Ryde Secondary College
Brigidine College
Broken Hill Principals Group
Broken Hill Staff (all schools)
St Columba Anglican School
Manning Valley Anglican K12
Hunter Valley Grammar (Year 12's)

Queensland

Assoc of Independent Schools
All Saints Anglican
St. Andrews Lutheran College
Deakin University
Ambrose Treacy College
St Edmunds Ipswich

Australian Capital Territory

DEEWR
ACT School Business Managers Association
St Clare's College

Victoria

St Josephs PS (at the top)
Sth West Principals Assoc
BSS School Support
Catholic Education Office
Dept of Education
Dept of Education & Early Childhood
Gordon Institute – Tafe
Chisholm Tafe
Sacred Heart PS (Mildura)
Primary Principals Association (Southern Zone)
Adventist School Leaders Conference
Penola College (and 7 nearby Primary Schools)
Mentone Grammar
Whitefriars College

Western Australia

CBC Fremantle
Newman College
Wesley College
Penhros College
Tranby College
Challenger TAFE
C. Y. O'Connor Institute

South Australia

Dept of Education
Rostrevor College
Xavier College
St. Paul's College

Northern Territory

St Philips College Alice Springs

See all Mark's education group testimonials HERE

FOR MORE INFORMATION AND/OR BOOKING ENQUIRIES

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