

# MARK BUNN

SIMPLE WISDOM FOR CONSCIOUS LIVING

Looking for an entertaining, high-energy speaker to help your people SIMPLIFY the SHIFT to conscious living and enjoy happier, healthier, higher performing lives?



This was the best presentation we've ever had in our wellbeing program.

Simon Habak  
COMMONWEALTH BANK

Mark will change the way you think about wellness and quite possibly your life.

Robert S. Conlee – CEO  
NEWAYS INTERNATIONAL, USA



[markbunn.com.au](http://markbunn.com.au)

# MARK BUNN

“...one of the best speakers I’ve heard in a long time.”

Scott King – CEO  
QUDOS BANK  
(QANTAS CREDIT UNION)



## SIMPLE WISDOM FOR CONSCIOUS LIVING

**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.

You and your team can too.

As one of the world’s leading experts on health and personal performance, former Australian Rules footballer and three-times best-selling author of ‘Ancient Wisdom for Modern Health’, Mark Bunn understands the difficulties facing workers and organizations today – high stress, poor sleep, negativity, poor work-life balance, low motivation and workplace morale.

Mark uniquely blends both Eastern and Western health-science, the secrets of the world’s healthiest people and highest performing business people, to help overcome these issues with simple, down-to-earth solutions. Audiences love his highly entertaining and fun delivery style and how he makes the latest research from topics such mind-body medicine and positive psychology practical, uplifting and fun.

Based on real life advice for everyday people (you’ll never hear anything from Mark about grinding linseeds or activating your bloody almonds!), his sessions go far beyond flavor-of-the-months fads, focusing on how to promote peak brain functioning and effective work-life transitions through to team harmony, higher consciousness, resilient relationships and a sense of community and connection.

For any business or high-performance group, it’s a no-brainer! A new age of health and wellbeing is coming... and Mark Bunn can help show you the way.

“Mark Bunn was electric!”

Michelle Bare – Events Manager  
FMG INSURANCE NEW ZEALAND





# MARK > BUNN

CORE KEYNOTES & WORKSHOPS  
Available as Live, Virtual or Hybrid Sessions

**Deloitte.**



 Commonwealth Bank



# 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 has 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](#)

**“Brilliant”, “changed my life”  
“best rated session so far!!”**

Various Attendees  
ERICSSON

**MARK BUNN**

# zone

## The DAILY HABITS of HIGH ACHIEVERS



“Weeks after your session,  
everyone is still raving about it!”

**MARK BUNN**

Kristy Harder – Strategic Brand Manager  
DUPONT

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 Tim Ferriss, Arianna Huffington, Richard  
Branson) 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](#)

# zen

# MindSpace

## Ancient wisdom for modern mental health

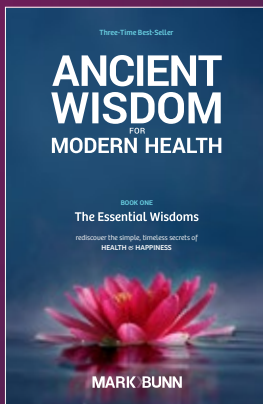
In many cultures around the world, modern mental health issues such as anxiety, depression and insomnia are almost unheard of. What do they know that we have forgotten?

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 BUNNI**

# CONSCIOUS LEADERS

Where wellbeing KPIs are as important as business KPIs

Like to improve your team's ...

- › PHYSICAL FITNESS › MENTAL HEALTH
- › EMOTIONAL RESILIENCE › CONSCIOUS AWARENESS

In recent years, CEOs and top executives from companies such as Accenture, Oracle, Goldman Sachs, Samsung, Apple, JP Morgan and GE have stepped down or exited their roles due to health-related issues – stress, burnout, unexpected early death and even suicide.

**FACT:** 'Work hard, play hard' is gone. Today, the single most common attribute of high performing business people – the likes of Richard Branson, Janine Allis, Anthony Robbins, Arianna Huffington & numerous others – is that they make their health & wellbeing No.1.

## Leaders Wellbeing Solution:

Conscious Leaders is a paradigm shifting keynote or workshop perfect for any off-site leaders retreat or business event. Combining the latest science with ancient wisdom, it shows leaders how to better look after their most precious resource – THEMSELVES – while scaling their business output.

\* Ideal for C-suite executives, senior managers, business owners, entrepreneurs and leaders of any kind.

FULL CONSCIOUS LEADERS PROGRAM

## Learn:

- › what the world's top performers do to maximise **energy, exercise, sleep & motivation**
- › how to supercharge productivity through **circadian medicine/chronobiology** (syncing with natural performance cycles)
- › why **meditation ('Transcendence')** is now a non-negotiable for elite level performance
- › how to ↓ **stress** by up to 50+% & improve 'life balance' by 40+% (**how to switch off**)
- › how to ↑ **productivity by 31%** with **positive psychology, gratitude & journaling**
- › how to **champion wellbeing & self-care** for your **entire team** or company
- › how to do it all within **ever-increasing work demands**

MORE

"Brilliant! Fun, engaging and entertaining."

Annie Meyer  
YOUNG PRESIDENTS ORGANISATION



MARK BUNN

# THE CONSCIOUSNESS REVOLUTION

Going from mindfulness to 'transcendence'... Why consciousness is the ultimate game-changer and the next BIG thing!

"... practical ... interesting and mind-changing ... a great speaker."

Cloudia Wu – Senior Events Manager  
AUSTCHAM, HONG KONG

MARK BUNN

We're always looking for the next big thing to improve human performance. We've had positive thinking, emotional IQ, mindfulness...

What's next? The Consciousness Revolution.

Western science is just now glimpsing the almost infinite potential of human 'consciousness', a field that Eastern traditions have understood for thousands of years. The research is clear - develop consciousness and you promote global brain functioning resulting in remarkable improvements in everything from IQ, relationships, decision-making, focus, creativity, zone-states, mental health and everyday performance.

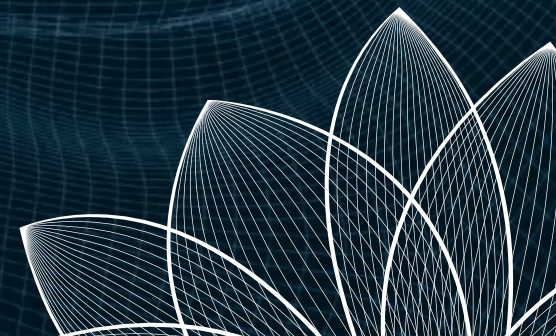
Mark's cutting-edge talk outlines the latest developments in neuroscience and how by utilising ancient technologies of the mind we can transform our business and life success.

## KEY TAKEAWAYS:

- How simple technologies of transcendence can create higher states of consciousness and self-awareness
- How this translates to unparalleled improvements in personal health, inner contentment, stress resilience and business productivity
- How consciousness is what ultimately connects us as families, companies, societies and how it can be developed to promote a heightened sense of team, harmony & community

[MORE](#)

[BOOK](#)





# AYURVEDA ALIVE

Discover the missing link in health today – your unique body-type – and use the world's oldest health system to master every aspect of your life

This is the personal health revolution we've been waiting for. The reason why thousands of fad diets don't work. The reason why what worked for your co-worker, mother and friends didn't work for you. It's why different people on the same exercise program get different results. Why coffee energises some but creates sleepless nights or panic attacks for others.

Ayurveda Alive is a fascinating new seminar uncovering the age-old wisdom of personalised health and body typing. It's transforming modern health, as it teaches us how our unique 'mind-body' make-up drastically affects our individual needs for health, balance and work-life success.

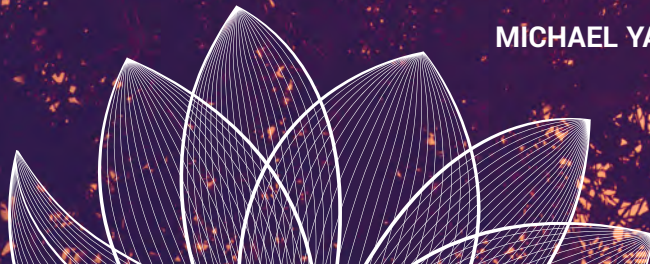
## KEY TAKEAWAYS:

- › The Ayurvedic doshas and how we can eliminate 'multiple' health conditions at once
- › The foods, exercises and behaviours that get us out of balance ... and the simple, everyday things we can do to get back in balance ... and feel fabulous
- › How we can prevent health problems before they begin and quickly enjoy new levels of energy, better relationships and positivity
- › How the world's oldest science can improve workplace communication, motivation and morale

[MORE](#)

[BOOK](#)

**MARK BUNN**



**"In ways that I have never seen before, your uniquely engaging presentation style created a wonderful rapport with everyone. It wasn't just their laughter – everyone who attended has been inspired."**

**MICHAEL YANKAUS - SILICON VALLEY, SAN FRANCISCO**



# '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.

[MORE INFORMATION](#)



## ABOUT MARK BUNN

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

**“We’ve never had more access to health information - everywhere we turn, there’s a new diet, a new medication, a new exercise regime – yet we’re more stressed, depressed, sleepless and overweight than we’ve ever been before.”**

### Surely it should be simpler?

That was the thought that consumed Mark after completing an Honours Degree in Exercise Physiology, a demanding course of studies deeply entrenched in western health science. As a **former professional AFL footballer** (a very ‘inglorious one he says), Mark already had a deep understanding of high-performance health science.

But years of training and study hadn’t provided the holistic answers to health and contentment he was looking for. A volunteer trip to South East Asia to work for an aid group changed all that.

**Mark witnessed incredibly poor people with very little, who were, by and large ... extremely ‘happy’.**

**They certainly didn’t worry about good fats, bad fats, cholesterol levels or high-tech exercise programs. Their levels of health and happiness however were off the charts.**

So began Mark’s research into Eastern medicine. After years of studying the world’s healthiest, longest living people and formal training in **Ayurvedic medicine** (Maharishi Ayurveda), he wrote his first book **‘Ancient Wisdom for Modern Health’**.

It’s popularity in becoming a three-time best-seller confirmed Mark’s belief that making health simple is the key for sustained happiness at work and home.

Mark’s continued research has led him to study those who are successful in business while still enjoying a **meaningful life balance**, a topic particularly close to his heart after losing his wife to stress-related breast cancer. This personal tragedy deepened his empathy for those suffering from health issues or dealing with extreme stress and motivated him to continue his studies into the latest science on mind-body medicine & **positive psychology**.

In more recent times, Mark has also looked into the use of time-honored ‘technologies of consciousness’ to develop **‘higher states of consciousness’** - a term coined by the great Indian scholar Maharishi Mahesh Yogi.

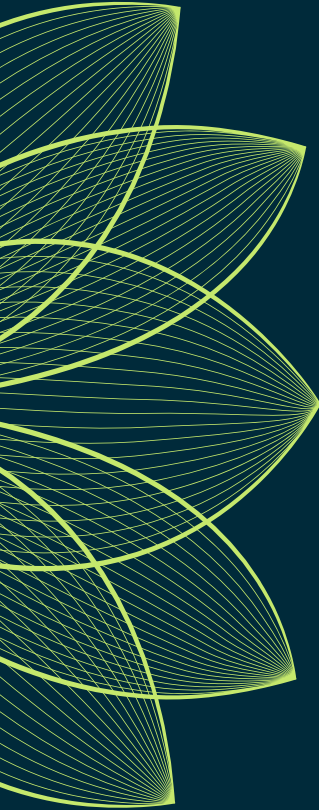
Mark’s combination of modern and ancient systems of health provides a **unique approach that simplifies the prevailing confusion in our lives**. He now condenses all this into his popular keynotes and workshops.

When he is not speaking or writing, Mark is a keen golfer, meditator, Seinfeld-watcher and ‘uncle’ to his six nieces and nephews. He is also a trained **teacher of Transcendental Meditation** and the former CEO of **The David Lynch Foundation Australia** – a not-for-profit charity that helps those suffering extreme trauma or stress - domestic violence sufferers, vets with PTSD, children from troubled backgrounds and others in need.

**When it comes to health, happiness and high-performance, Mark invites you to look at a new approach... a ‘wisdom-based’, higher consciousness approach!**



SEE MORE  
VIDEOS  
OF MARK



## MARK'S BOOKS

Three-Time Best-Seller

# ANCIENT WISDOM FOR MODERN HEALTH

BOOK ONE  
The Essential Wisdoms

rediscover the simple, timeless secrets of HEALTH & HAPPINESS

MARK BUNN

ANCIENT WISDOM FOR MODERN HEALTH

## BOOK 2 THE HIGHER WISDOMS

COMING SOON

MARK BUNN

## MARK'S PROGRAMS

# HEALTHY PEOPLE HEALTHY BUSINESS

12 MONTH ONLINE PROGRAM

Combine the latest MODERN science with age-old EASTERN wisdoms of HEALTH, HAPPINESS & HIGH PERFORMANCE to supercharge your business SUCCESS... and that of your TEAM.

MARK BUNN

# THE YEAR ROUND NATURAL HEALTH PROGRAM

with AYURVEDA

Live in tune with Mother Nature's timeless cycles and the age-old wisdom of Ayurveda to enjoy your best HEALTH, HAPPINESS and inner HEALING... naturally!

MARK BUNN

## INDIVIDUAL TOPIC PDF DOWNLOADS

# zest

## ACHIEVE YOUR NATURAL HIGH

High energy, low stress, low toxicity, your success being healthy, happy & productive

Mark's research from the ancient of the world's healthiest people, up-dated Eastern health wisdoms, Ayurveda, and the latest science combined the timeless secrets to simple, timelessly practical, life-changing, high-performing natural well-being.

IN HIS ENGAGING, INSPIRATIVE NEW BOOK, YOU WILL LEARN HOW TO:

- recharge your batteries by dawn
- achieve a strong energy surge, mental focus & a healthier weight
- live longer and enjoy life to the fullest
- improve emotional health & reduce stress
- optimize your digestion, reduce sick days & improve workplace morale

"Brilliant... changed my life!"  
"best rated session so far!"

ERINSON

MARK BUNN

# MindSpace

## Ancient wisdom for mental health in a modern-age

In many cultures around the world, modern mental health issues such as anxiety, depression and insomnia are often unknown. What do they have that we have to grieve?

In this enlightening, simple yet profound session, Mark shares timeless wisdom to help us tap the ancient, ancient wisdoms of health and happiness from the world's healthiest people.

Learn how to:

- achieve a more balanced, healthy, vibrant, joyful and peaceful life
- improve your mental health
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- achieve a more balanced, healthy, vibrant, joyful and peaceful life
- improve your mental health

"One of the best sessions I have attended in my career", "inspiring", "The highlight", "engaged from start to finish", "amazing"

MARK BUNN

# THE CONSCIOUSNESS REVOLUTION

Going from mindfulness to "transcendence"... Why consciousness is the ultimate game-changer and the next BIG thing!

What is Consciousness? What are the Consciousness Benefits? Western science is just now grasping the almost infinite potential of consciousness. It's time that Eastern traditions have understood for thousands of years. The benefits to clear, focused concentration and pure presence global health, happiness, well-being, mental health and inner peace.

Mark's cutting-edge talk nurtures the latest developments in neuroscience and how to bring about the evolution of the mind to support our business and the success of our customers.

KEY TAKEAWAYS:

- How simple techniques of transcendence can create higher states of consciousness and self-awareness
- How this wisdom is translated into practical, experiential practices to personal health, inner confidence, stress resilience and business productivity
- How consciousness is often ultimately connects us to health, happiness, resilience and how to be developed to promote a heightened sense of team, business & community

"...practical... interesting and mind-changing... a great speaker."

Claudia Wu - Senior Events Manager  
AUSTRIA, VIENNA, AUSTRIA

MARK BUNN

# zone

## The DAILY HABITS of HIGH ACHIEVERS

Work smarter not harder to do 50% more... in 30% less time... with 30% less stress!

Empower a busy, but low many of us are truly productive!

With the "art of busy" in full swing it's no wonder many of us feel overwhelmed each week. For the most effective, high-performing business people, the most successful leaders, CEOs, founders, executives, coaches, mentors, and business owners, it's all about the daily habits.

In this enlightening, practical and highly relevant session, Mark reveals the secrets to the productivity practices of high achievers that will transform their time management, effectiveness and business results.

KEY TAKEAWAYS INCLUDE HOW TO:

- Stop email, Facebook and other digital distractions intruding productivity
- Reduce distractions, control technology and determine to use time and energy
- Get your "flow state" to do much more, in less time, more places
- Remove daily panic, pressure and outside journal and others

"Weeks after your session, everyone is still raving about it!"

MARK BUNN

Reilly Hester - Strategic Brand Manager  
DUBLIN

# CONSCIOUS LEADERS

## Where wellbeing KPIs are as important as business KPIs

Like to improve your team's ...

- PHYSICAL FITNESS
- MENTAL HEALTH
- EMOTIONAL RESILIENCE
- CONSCIOUS AWARENESS

Learn:

- what the world's top performers do to maximize energy, focus, sleep & meditation
- how to maximize productivity through meditation, mindfulness, neurobiology (working with neural performance) and more
- how to use the world's top performers do to maximize energy, focus, sleep & meditation
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"Brilliant! Fun, engaging and entertaining!"

MARK BUNN

Young Presidents Organisation

# 'Conscious Living' Mind-Body Workshops

## YOGA - MEDITATION - NUTRITION - BREATH

Mark will share practical advice, tips, and more! Don't miss this! (2hrs to your next WOULD YOU LIKE TO...)

- Yoga or on the go? What are the best practices for a healthy, balanced lifestyle?
- How can you use the most powerful tools for controlling stress, anxiety, depression & insomnia?
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"One of the best professional development seminars I have attended in 23 years"

BRANDY JONES  
PENNSYLVANIA COLLEGE

MARK BUNN

"Thank you Mark! So many attendees said your session was 'the best wellbeing session we've ever had'. You and Kurt Formley were the standouts from our entire conference."

Josephine Tam  
PENNSYLVANIA COLLEGE

WORKSHOP OPTIONS:

- YOGA: Live, audio, video for virtual sessions. Who yoga is something everyone can incorporate into any conference or off-site event by "live yoga" for your workshop.
- YOGA & MEDITATION: Mark will be on hand to help you with your yoga, meditation, and breathing practices.
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