



Murray Altham

With relentless optimism, Murray brings to your audience an exhilarating mix of expertise, empathy, humour and drive.



To open your event, this Keynote energises the rest of your agenda. As a snooze-busting early afternoon session, on stage or on-line, Winning Wellbeing delivers!

Murray will tailor stories and audience participation that fit your brief. He'll entertain and empower, being a catalyst for impact that lasts long after he's walked off stage.

Watch my Demo



One of THE outstanding presentations I have ever been fortunate to be a witness to. I wrote 7 pages of helpful solutions to inspire me and others.

**Manager Finance & Business
University of Queensland**

Winning Wellbeing

In this high energy, entertaining keynote, Murray shares three key principles that, in his 60's, has him feeling strong, with more energy than ever and how you can do it too!

When was the last time you went to the Doctor and said "WOW I feel great, how do we keep this going?" How is lack of wellness impacting you?

Your health and vitality are your ultimate DIY project, it can't be delivered or outsourced! Improving it, improves everything, giving you a powerful 360° positive impact that just makes everything else better.

Key Takeaways:

- The one change that will inspire you to eat food that loves you back.
- How to build a mindset to be happier than ever.
- Why strength is your secret to healthy longevity.

"We had so much positive feedback from our delegates, with many requests for you too please come again! Thank you for making such an impactful contribution to our conference."

CPA Australia

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