



MURRAY ALTHAM

Motivational Mindset Speaker

WINNING WELLBEING

Feel good, embrace your strengths and have more energy!

Murray helps organisations champion new levels of health and vitality to inspire energised, motivated and healthy teams who love showing up for work.

Audiences consistently rank achieving better health as their top priority, while also being their number one frustration!

Your team has been through an intense experience, in many cases pushing them to the limit leaving them overwhelmed, depleted and craving a fresh start! How big is the cost of lack of wellness to your organisation? Are you a business that attracts superb talent because you have a wellbeing workplace? After relentless months of feeling out of control, one thing you can control is taking your health and vitality to new levels. A healthy workforce elevates your results by boosting confidence, better decision making, resilience, adaptability and leadership. It gives your people a powerful 360° positive impact at work and at home!

This keynote is THE antidote to frazzled, worn out teams - a real way of picking them up, dusting them off and getting them recharged and ready for the next challenge.



T	The right goal for you.
A	Attitude, Atmosphere and Action.
S	Sweet potatoes and other nutrition secrets to success.
T	Try something new. Gym, swim, walk, ride or salute to the sun.
Y	You can do it! A mindset to make it happen.

RAVE REVIEWS

"Murray is a superb presenter and facilitator. His method of weaving together humour, anecdotal evidence and health and wellbeing research ensures a presentation that inspires action!" **Vicki McNabb, University of Queensland Wellness Program**

"One of the best presenters I've ever seen." **Dane Koosmen, Principal Bold Estate Agents**

"Excellent presentation. Entertaining, motivating speaker. Incredibly relevant and knowledgeable." **CPA Congress Melbourne**

"I took away so much energy and inspiration!" **Vanessa Carslake, Director, The Slow Tea Company**



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www.murrayaltham.com