

# JOHN TOOMEY [www.aweat.com.au](http://www.aweat.com.au)

International Professional Speaker and Wellness Thoughtleader

Speaker 👍 Trainer 👍 Facilitator



## Why would you use my Services?

If you represent an organisation that really cares about its people, that wants to see its people achieve their best in life and above all, wishes happiness and success for all of the people who serve the organisation, then of course you would use my services. Great employers care for their people and I am guessing you would not be reading this document if you were either not a great employer or did not have your sights set on being a great employer.

## Who Am I?

I am a Queenslanders who lives in Victoria. Born on a Cattle Station out near Roma, we moved around a bit first to a dairy farm, a country pub and finally, at the age of 10, we left the bush and my Dad took over a pub in the heart of Collingwood. I suppose after that change, nothing really shocks me, so I am a pretty relaxed customer. As a kid, I loved Football and Cricket and loved being fit. I had a crack at every sport. Underneath all of that was a deep sense of wonder. My religious education didn't give me the answers so I developed a 'yearning for learning'; to find out; to know. Whether it was the pub upbringing, or something in my genes, I developed a capacity to use words to help others to understand. With a passion for story-telling and a deep desire to explore, I went down many roads. Since completing my Phys. Ed. degree in 1981, I have served 7 AFL teams as either a conditioning coach and/or nutritionist, partially completed a Masters, I've written books, e-books, 100's of articles, lectured in Universities, studied with people who live on the edge of discovery and have presented over 2500 seminars in the corporate arena. Until recently, I served on the RMIT School of Health Sciences Program Advisory Committee. My quest for answers kept me studying and exploring. In 2015, I was invited to attend The Global Wellness Summit, an event attended by the world's most prominent Thought Leaders in Wellness. I have attended this event each year since. I've been married twice, have a wonderful son and two incredible step daughters, and live in the beautiful inner bayside suburbs of Melbourne. My genuine life purpose is to, through education and connection, move humanity forward by inspiring people to reach for more rewarding and positively challenging lives.

## What do I deliver?

I deliver powerful seminars and workshops that inspire, educate and empower your people to take 100% responsibility for their own lives, their success, their health and their happiness. Nobody else in the world can make me or you happy. We have to do that for ourselves. The trick lies in knowing how. My programs are designed to wake up that realisation within people across all walks of life. It doesn't matter if it is your CEO or the person who cleans your rest rooms, everyone can be happy, has the right to be happy and just needs to know how, and feel inspired to take the steps.

## How do I do that?

I deliver a range of Powerful Seminars and Workshops backed up by substantial post session e-books and a fortnightly newsletter, Living Wise, designed to continually educate, inspire and empower individuals to stay on their path.

## Seminar and Workshop Topics Include:

Fatigue Prevention 🍷 Resilience and Mental Wellbeing 🍷 The Care Factor 🍷 Life Balance 🍷 Stress Mastery 🍷 Creating Exceptional Health 🍷 Men's Health 🍷 Women's Health 🍷 Mind Body Health 🍷 High Performance Mind 🍷 Employee Engagement 🍷 Nutrition

## What's the Next Step?

Contact me and so that we can discuss your needs. Once I know what you are really seeking, I will create a seminar or program that will deliver the results you require.

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"A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be." - Rosalynn Carter

## Clients Include?



AON  
ANZ Bank  
National Bank  
Commonwealth Bank  
Allianz  
QBE  
Xchanging  
Raytheon  
A E Smith and Son  
Melbourne Sports and Aquatic Ctr  
Telstra  
The McAleese Group  
Wesfarmers Insurance  
Marsh Insurance  
A Positive Move  
Ruralco  
Brambles  
United Group  
Metro Trains  
Public Transport Corporation  
Sydney Trains  
Wesfarmers Mining  
Lend Lease  
Regional Rail Link Project  
Wagstaff Pilings  
Manildra  
Linfox  
MLC  
Australian Synchrotron  
Parsons Brinkerhoff  
Fosters Brewing  
Lion Nathan  
Urban Maintenance Systems  
Aquatic and Recreation Victoria  
Cricket NSW  
Victorian Under 21 Soccer Team  
South Melbourne Soccer club  
Sydney FC  
Auckland Football Kings  
Manningham City Council  
Telecommunications Industry  
Ombudsman

Australian Unity  
BHP  
Victorian Dept of Primary Industries  
Citywide  
Mitchell Shire Council  
Corangamite Shire Council  
Fulton Hogan, Australia and NZ  
Dampier to Bunbury Pipeline  
Acciona  
Many Sports Clubs  
Roads and Maritime Services NSW  
AGL  
North Easter Health – Benalla Hosp  
Glen Eira City Council  
Maroondah City Council  
Melbourne City Council  
Whitehorse City Council  
Moonee Valley Shire  
Ultimate Wood Heating  
Melbourne Subaru  
Darebin City Council  
Frankston City Council  
City of Greater Dandenong  
Chep  
Fox FM  
Triple M  
Many Schools  
The Law Institute  
Hunter Water  
Zoom Recruitment  
Stonnington City Council  
Caroma Industries  
Freehills  
Fuji Xerox  
Salmat  
Victorian State Government  
State Trustees  
Yarra Valley Water  
Port of Newcastle

Exxon Mobil  
Australia Post  
GP Bates  
Australian Securities Commission  
Comcare  
AMP  
Metropolitan Fire Brigade  
Victoria Police  
Productivity Commission  
National Starch  
Royal Australian Navy  
Nortel  
Pioneer  
Deloitte  
Liquid Learning  
Department of Foreign Affairs  
Benalla Rural Shire Council  
Campaspe Shire Council  
City of Greater Bendigo  
John Holland Group  
CBP Construction  
Virgin Australia  
Wood and Grieve Engineers  
Tennis Australia  
Gippsland Health - Sale Hospital  
Middys  
Aqua Metro  
La Grande  
Indigenous Lands Corporation  
Ayres Rock Resort  
Wagners  
Patriot Tankers  
John Beever Australia  
Qenos