

# KEYNOTES

LEADING SPEAKER ON HUMAN PERFORMANCE,  
RESILIENCE AND LEADERSHIP.



ANDREW MAY

# About Andrew.

## *Waking people up to a better way of living, working & leading.*

Andrew May delivers scientifically proven strategies so you can do more, be more and create lasting change. He is recognised as one of the world's leading strategists on workplace performance, resilience and leadership.

Coach to CEOs, leading teams and sportspeople.  
Best-selling author. Podcaster. Leadership and transformation specialist. Small business advocate.  
Entrepreneur. CEO and founder of StriveStronger.com

**Andrew's personal philosophy is to:**

**Live Energetically.**

**Love Passionately.**

**Lead Optimistically.**

He presents inspiring keynotes around the globe and is host of the popular Business Fit podcast; has a regular segment on ABC News Breakfast and appears across multiple media platforms. His most recent book, MatchFit, has sold over 75,000 copies.

As coach and confidante to a number of Asia Pacific's leading CEO's, executives and performing artists, Andrew teaches high performers to master their 'inner game.' He is the Mental Skills Coach for the Parramatta Eels National Rugby League Club.

Andrew is a self-diagnosed fitness junkie and loves swimming, cycling, weights, yoga and surfing. He lives in Sydney with his three children and fluffy dog, Toby.

### **BACKGROUND**

Andrew is a former middle-distance runner who was an assistant coach at the Australian Institute of Sport in Tasmania. He has worked with multiple Olympic/ international athletes in a range of sports, culminating in working as the Physical Performance Manager for both the NSW and Australian Cricket teams.

He has completed degrees in the body (Bachelor of Applied Science in Exercise Physiology) and the brain (Masters in Coaching Psychology), and is exploring a PHD in performance psychology.

Andrew built and sold Good Health Solutions to ACCOR (now trading as Executive Health Solutions), Australia's largest provider of Executive Health Assessments, and in 2016 he sold The Performance Clinic to KPMG, where he worked as a Partner for 3 years.

[andrewmay.com](http://andrewmay.com)

“ Whether it's storytelling in an outback shed; delivering keynotes for global events; captivating an executive audience in a boardroom; or presenting high-energy digital keynotes that change people's lives – Andrew has the ability to connect with multiple cultures and generations. He moves audiences like very few can.



**Doug Ferguson, NSW**  
Chairman, KPMG Australia.





# Booking Andrew is as Easy as 1, 2, 3.

Andrew presents inspiring virtual, live and hybrid keynote presentations.

## 1 CHOOSE DELIVERY MODE

COVID-19 has disrupted the speaking and events industry. Organisations however still need to train, motivate and engage their people. Andrew has adapted his speaking business to include the following three options:

- **Virtual Keynotes** live-streamed to your employees and made available on-demand
- **Live Keynotes** abiding by the ever-changing COVID-19 government guidelines
- **Hybrid Presentations** blended approach of smaller live audiences with live streaming.

## 2 SELECT KEYNOTE TOPIC

Andrew's vast experience in sport, education, business and life positions him to speak about physical and psychological wellbeing; resilience, neuroscience, and mental health; productivity and new ways of working; future proofing your career/business; entrepreneurial spirit and small business; coaching and sales; teamwork, trust and leadership. Andrew's most popular keynotes are:

- **MATCHFIT**
- **STRIVE**
- **NEW WAYS OF WORKING**
- **LEADING WITH OPTIMISM**
- **BOLD**

## 3 TAILORING & ADD-ONS

Andrew and his support team will partner with you/your preferred PCO/speakers bureaus to ensure your next event is a raging success. This includes:

- **Pre-Event Briefing/s** to ensure content is aligned to the overall theme, business and people strategy
- **Conference Add-Ons** including pre-event diagnostics, books, digital programs and integrated Conference Experiences
- **Logistics** including engagement letter, Speakers Pack with photos, bios, etc and post-event materials to embed learning create truly memorable experiences.

*Awaken. Inspire. Energise. Transform.*

# Andrew's Most Popular Keynotes.

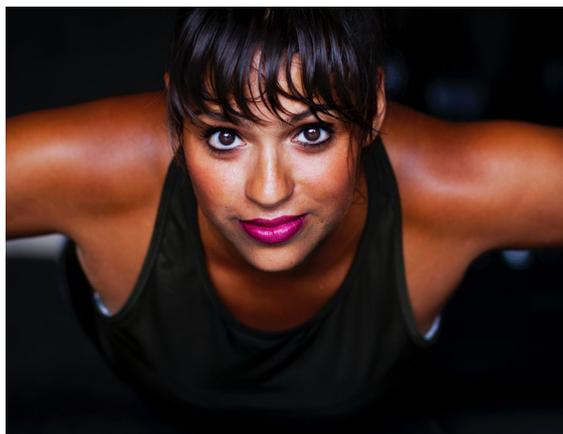


## **MATCHFIT**

**How to get your body and brain fit for work and fit for life.**

It has never been more important to be physically and psychologically MatchFit. Maintaining fitness and a healthy body weight are critical to wellbeing and improving immune health. Combining the latest performance science and twenty years of experience, Andrew outlines the 6 Levers (MOVE, FUEL, RECHARGE, THINK, CONNECT AND PLAY) that help you better manage your diary and plan for what is important; build ability to cope with pressure and have more resilience; and support you in improving health and fitness levels.

*Wellbeing/Performance/Motivation*



## **STRiVE**

**How to adopt a growth mindset, harness passion and increase psychological resilience.**

To strive is to make great effort to achieve a goal, to embrace change and step out of your comfort zone. It is about persevering in the face of rejection and struggling to overcome an obstacle. Happiness and fulfilment in life doesn't come from having things easy, it comes from overcoming challenges, creating a sense of pride, building new capabilities and creating new opportunities. Explore the latest neuroscience supporting you to flourish during constant change and uncertainty.

*Resilience/Psychology/Change*



## **NEW WAYS of WORKING**

**How to train agility, boost productivity and work from anywhere (WFA).**

To thrive in the post-COVID world we need to be agile and adapt to a hybrid of WFA, WFH and transitioning back to the workplace. Companies need to plan for intermittent disruption and adopt different and more flexible ways of thinking and working; provide support in redefining personal and team operating rhythms; and creating a psychologically safe environment for employees to flourish. Old business models won't work. Old leadership styles won't be tolerated. And slow-moving industries will become extinct.

*Productivity/Disruption/Change*



## LEADING *WITH* OPTIMISM

### **How to lead with optimism, positivity and clarity.**

Despite the constant changes, fear and uncertainty businesses are facing, it is more important than ever to lead with optimism. Leaders cast long shadows and impact much more than just revenue and profitability. Leaders impact behaviours, emotions, even lives. Leaders cast the shape of their company, its culture and ability to cope. Cognitive reserve and optimism don't develop in a vacuum: the process requires continual learning and adaptation. Optimism and having a positive view of the future can be trained.

*Leadership/Optimism/Culture*



## BOLD

### **Whatever you can do, or dream you can do, begin it. Boldness has genius, power and magic in it!**

With the recent upheaval in the way we work and live, there has never been a more important time or a bigger opportunity to rise up and be bold. Being bold and courageous is not something we are born with; you can cultivate it. Bold leaders and bold organisations take action, live authentically, embrace technology and disruption, build accountability and tracking results. Explore what it means to be bold and why nurturing a 'bold and courageous culture' is going to be a major competitive advantage in the new world of work.

*Courage/Confidence/Culture*

“ Feedback across the Business Division rated your virtual keynote as one of the best guest lectures we have run, backed up by our highest attendance numbers and booking StriveStronger to deliver an ongoing calendar of events.

You've managed to seamlessly transition to virtual events, and I'm impressed by how much impact your presentations have had on our people.



Emma Beames, Business Institute, Westpac.



## Industry Specific Keynotes.

Andrew has crafted a range of engaging and thought-provoking industry-specific presentations, workshops and behaviour change programs for:

- Sales Professionals
- Financial Advisors and Planners
- Mortgage Brokers
- Real Estate Professionals
- Small Business and Entrepreneurs
- Government and Defence
- Farming and Agriculture
- Sporting Associations
- Leadership Teams
- First Responders

“ Andrew’s approach was the ideal catalyst to realign internal culture through trust, transparency and consistency. I found the experience all-encompassing and results were very impressive. We now have explicit guidelines around email and meetings, have more open and honest discussions and call out behaviours that are not in line. We are a more collegiate team, a better performing team.

**craveable brands.** Brett Houdin, CEO, Craveable Brands.



## MATCH*FiT* for SELLING

**Turbo-charge sales results with rituals and routines used by athletes and high-performers.**

Juggling sales quotas, global competition, disruption, being on-demand, fast turnaround, servicing customers plus trying to squeeze in a life can deplete physical and emotional energy reserves. No wonder so many salespeople feel tired and fatigued. MatchFit for Selling focuses on optimal performance of the body, brain and environment – establishing rituals and routines that position salespeople and teams for optimal success.

*Sales/High Performing Teams/Communication*



## LEADER*FiT*

**Coaching leaders to remain healthy, energised, productive and engaged.**

Leadership requires a balance between Leadership Capacity (self-awareness and the ability to manage physical, psychological and emotional state) and Leadership Capability (coaching and influencing others). Leaders cast large shadows and their attitudes are contagious. It has never been more important for leaders to redirect attention and focus on what is important, including managing remote teams and looking for signs of burnout and fatigue.

*Leadership/Teamwork/Trust*



## BUSINESS*FiT*

**A proven way to improve physical and psychological wellbeing for business owners.**

Small businesses are the lifeblood of the Australian economy and it is important to be prepared for any challenge that might come your way – now it's COVID, it can also be bushfires, droughts, floods, economic downturns, or challenges from competitors.

Being Business Fit is about building resilience, managing physical wellbeing, focusing on mental health, adapting to new ways of working and being productive, and future proofing to withstand any challenge that comes your way, at any time.

*Small Business/Entrepreneurs/Business*



## Conference Experiences.

A fresh approach to waking up your next live or virtual event.

Company conferences and events have the opportunity to energise and engage employees; set clear pathways for business and people strategy; reward and recognise employees for work well done; and provide an opportunity to connect with colleagues outside the normal working environment.

Poorly organised conferences and events can have the exact opposite effect. Have you ever found yourself attending an event thinking 'here we go again?' A dull or clichéd conference (virtual or live) leads to disengagement, apathy and poor team morale.

A tailored Conference Experience creates a ripple effect that lasts for months. Partner with Andrew and his team to transform your next event into an immersive experience, establishing a foundation for participants to fully engage in the conference message and inspiring them to change behaviours, possibly even their lives.

1. **Wellbeing and Resilience**
2. **Leadership and Transformation**

Embed learning and inspire lasting change with a range of Add-Ons.

“ Andrew tailored our recent 2-day event in Bali with pre-event diagnostics; two half-day workshops; and learning resources after the conference. We had a power outage and he just kept powering through, engaging the audience, which was fabulous. He even managed to convince us to test our ‘MatchFitness’ in real life on the beach at 6am.



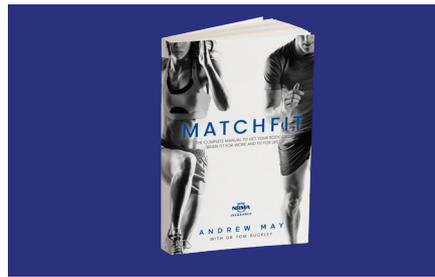
PROLOAN Julie Bongiorno, Director of Network Relationships, ProLoan (Aust) Pty Ltd.

# Conference Experience Add-Ons.



## MatchFit Calculator

Online assessment providing an overall MatchFit Score. Measures physical and psychological wellbeing using five science-based metrics. Tracks individual and organisational change.



## MatchFit Book

Andrew's best-selling with proven scientific principles to help you stay energised, productive and engaged using the 6 Levers (Move, Fuel, Recharge, Think, Play and Connect).



## iStrive

Monthly subscription inspiring employees to achieve their personal best. Like a personal coach in your pocket. Access anytime, anywhere, on any device.



## Morning Wake Up

Kickstart the day with a 30 to 45-minute morning activity. Choose from a leisurely walk and stretch through to higher intensity circuits. Sets the tone for a fun and energetic conference.



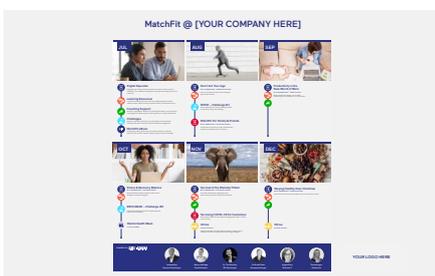
## Energy Breaks

Inject 5 to 10-minute energy breaks into the agenda to keep participants energised and engaged. We offer a range of activities including Yoga, Breathing & Mindfulness training.



## Healthy Food

Overseen by a StriveStronger nutritionist, we provide guidelines on healthy and energising nutrition options. This ensures delegates brains are fuelled to learn and engage.



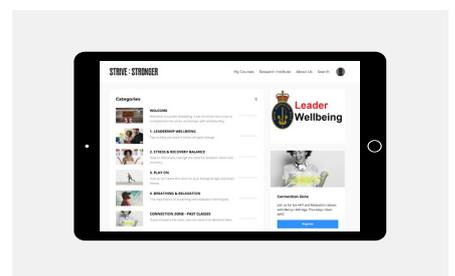
## Events Calendar

Outlines key events and leverages wellbeing dates throughout the year. Can include keynotes, workshops, group coaching, wellbeing classes, podcasts, and iStrive.



## Mental Skills Academy

Just like a fitness program trains the body to be healthy, fit, flexible and strong; MSA harnesses neuroscience and positive psychology to do exactly the same for your mind.



## Digital Platform

StriveStronger's digital learning resource includes videos, articles, podcasts and tailored programs. Data analytics show program engagement and inform future content.

# Happy Clients.

“ From the initial MatchFit keynote to the ongoing Coaching Academy for sales leaders, Andrew’s energy and enthusiasm is contagious and I’ve lost count of the times employees have said what a difference his teachings have had on their lives.

 **Learning and Development Manager**  
Eli Lilly Australia.

“ Andrew has a special talent blending human performance and neuroscience with practical experience in sport and business. His ability to tell authentic stories and engage has left a lasting impact on BOQ leaders. The word I use to describe him is ‘bold’.

 **Lyn McGrath, Group Executive,**  
Retail Banking at Bank of Queensland.

“ Andrew presented a series of keynotes for MDRT around Australia. Member feedback has been overwhelming – funny, articulate, evidence-based, entertaining, passionate. Andrew’s sessions resonated so much, MDRT have booked him to speak at global conferences in Singapore and New Orleans. World-class.

 **Adam McCann, Million Dollar**  
Round Table, Australia.

“ Andrew May is one of the most engaging conference speakers I’ve seen, blending science and rigour with personal experience and fun. Truly a class act.

 **Nick Hawkins**  
CEO, IAG.

“ Andrew is one of the most versatile professional speakers. We can position him in front of executives, diverse multicultural audiences, millennials and the toughest of crowds. He delivers every-single-time.

 **Doug Ferguson, NSW Chairman**  
KPMG Australia.

“ I have seen Andrew deliver multiple world-class presentations. From lighting up the stage for 1,500 Rabo staff at Cockatoo Island for the Dare Down Under conference; to intimate leadership and strategy retreats for our executive; to recent virtual online offerings as part of our Wellbeing Series.



**Geri Binns, Head of People**  
Development & Strategic Workforce  
Management, Rabobank.

“ Andrew came highly recommended by a number of CEW colleagues. His methodology and inspiring keynote presentations have changed the way I work and lead, balancing my personal life to access a new level of health and executive performance



**Shelley Roberts**  
Managing Director, Compass Group.

“ Andrew’s coaching has made a difference to the way I manage stress and recovery; and his coaching, keynotes and leadership programs have had a very positive impact on the many people and teams he has worked with across CBA.



**Matt Comyn**  
CEO, CBA.

“ Andrew delivered a productivity program across all levels of Legal and Compliance to challenge mindsets and help future proof our organisation. The terms ‘Gazelles, Bears and Tigers’, ‘Better Week’, ‘Performance Moments’ and ‘Challenging the Same Game’ have become part of our internal language.



**Head of Legal and Compliance**  
FaHCSIA.

“ Andrew presented at our recent FBA annual conference in Alice Springs. His ability to provide specific examples for a range of industries engaged the audience. The way Andrew adapted his content on the spot to answer questions and weave in examples of coaching people throughout the presentation was very impressive.



**Anne-Marie McNally, National Product**  
Manager, Family Business Australia.

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