



# MARK MATHIESON

## ECOPSYCHOLOGIST, CHANGE AGENT, STRATEGIST

A REGISTERED PSYCHOLOGIST WITH YEARS OF EXPERIENCE INCLUDING TWO DECADES SPENT AT THE FOREFRONT OF HUMAN PERFORMANCE IN EXTREME ENVIRONMENTS, MARK MATHIESON IS AN ECOPSYCHOLOGIST WHO HAS FOUND A WAY TO DISTIL KEY LESSONS FOR HUMAN FLOURISHING.

Having enjoyed a diverse and challenging career across various domains from elite Special Forces Units to the boardrooms of corporate giants and working with teenagers in the mountains of Timor and Nepal, Mark has developed a no-nonsense, down-to-earth and engaging approach to working with everyday people. His warm and engaging style shows compassion for our everyday challenges whilst walking us through stories that help us achieve at our best.

Evidence informed, research-backed and thought-provoking topics within the areas of human and organisational performance, Mark's goal is to inspire individuals and organisations towards change and enhanced performance, and provide them with a different lens to view their lives.

### FROM THE INSIDE OUT

Do you ever think about how your food, drink and lifestyle choices may be impacting your brain? Learn how to optimally fuel your brain to work at its best, while slowing the ageing of the brain and your risk of cognitive decline.

### STRATEGIC LASER FOCUS

Can you hand on heart say that you know how to cut through the 'fluff' of life to get to the 'core' issues. It's a challenge that we all face every day.

In this no-nonsense presentation, Mark challenges us to view our environments through a different lens, enabling individuals and organisations to see the world afresh – and to create strategies that drive ambitious agendas. Drawn from his military and corporate experiences, Mark delivers a mission focused, battle ready, effect-based model of how to bring your strategy to life and ensure your team gets to the core of what you must achieve.

### NATURAL CHANGE

What if the key to 'unlocking' human potential was in the way we live everyday – how we think, eat, behave, exercise? What if the key to speeding up the process of change within organisations was by aligning people with our natural systems, and naturally occurring patterns? Mark shares the latest knowledge on natural change processes within organisations that will help you and your teams achieve at extremes.

### MARK IS AVAILABLE FOR:

- Keynotes & Workshops
- MC & Event Hosting
- Consulting

For more, contact [hello@tlstalent.com.au](mailto:hello@tlstalent.com.au)  
[www.tlstalent.com.au](http://www.tlstalent.com.au)



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