



MARK MATHIESON

ECO-PSYCHOLOGIST

MARK MATHIESON IS NOT YOUR AVERAGE PSYCHOLOGIST. HIS UNIQUE APPROACH HELPS AUSTRALIANS LIVE LONGER, MORE PURPOSEFUL AND MEANINGFUL LIVES BY RECONNECTING WITH THE ECOLOGICAL VERSION OF OURSELVES.

Ecopsychology is an approach to mental health that views humans as being connected to nature, focusing on understanding your physical health, social health, spiritual beliefs and environment, rather than simply engaging in traditional talking therapies.

Mark's path to ecopsychology took shape when he noticed how many people were anxious, stressed and disillusioned as a result of trying to keep up with career, financial and relationship pressures, and modern life in general.

Interested in helping people reconnect to an ecological version of themselves in order to live more meaningful, purposeful, long and flourishing lives, Mark is passionate about helping Australians understand that many of our daily routines can easily become ecopsychological practices, we just don't realise it. He wants to teach people how to change the world and themselves all at once, whether it be by getting sunlight in the morning, taking a walk in nature, tending to our veggie patch or nourishing our bodies with nutritious food.

Mark's career has been anything but a conventional path. He started as a sports psychologist before entering the military where he was deployed to Afghanistan several times – testing his resilience and wellbeing to the limit.

His duties involved psychological screening and intervention as well as selection and recruitment. After leaving the military, he held positions in the corporate sector – but true to form, not your typical office environments.

Mark has created recruitment programs for oil companies in Papua New Guinea, debriefed winter expeditioners in the Australian Antarctic Program and recruited indigenous youth for mining jobs in Western Australia. He has also served as production psychologist on a number of reality TV shows including Survivor and SAS Australia.

The common thread underpinning his breadth of work is helping humans develop patterns of sustainable high performance – an experience that his dynamic resumé has given him unique insight into.

Mark's holistic approach embraces the connection between nature and wellbeing – making him a fascinating thought leader and expert on human behaviour. His passion for ecopsychology is truly contagious.

Mark is available for media interviews and appearances, speaking events and KOL campaigns.

For more, contact hello@tlstalent.com.au
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