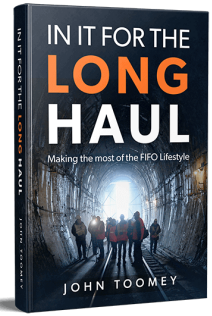




*helping workplaces thrive*



GLOBAL CHAIR - WORKPLACE WELLBEING INITIATIVE  
AT THE GLOBAL WELLNESS INSTITUTE  
LICENSED AVATAR® MASTER  
AUTHOR - 'IN IT FOR THE LONG HAUL', MAKING THE  
MOST OF THE FIFO LIFESTYLE

**John Toomey is one of Australia's most sought-after speakers on a variety of Human Wellbeing subjects. He is widely respected right across the world for his Speaking, his Writing and his guidance on Workplace Wellness and Leadership issues. Originally from the Central Darling Downs in Queensland, John lives in Melbourne's inner Bayside region. He speaks with incredible presence and connection and a deep passion for the betterment of life for all living things.**

SPEAKING  
TOPICS

WORKPLACE WELLBEING | FATIGUE PREVENTION | RESILIENCE AND MENTAL WELLBEING | CREATING CULTURES OF CARE  
STRESS MASTERY | MEN'S HEALTH - WOMEN'S HEALTH | LEADERSHIP & LEADERSHIP IN SAFETY | OPTIMISING IMMUNITY

## CONFERENCE PRESENTATIONS

Global Wellness Summit – Mexico City 2015  
Multiple Safety Conferences, 2005 to 2020  
Comcare Conferences – 2010-15.  
Multiple Fitness Conferences: 86-07

## EDUCATION POSITIONS HELD

RMIT School of Health Sciences – Course Advisory  
Committee 2012-7  
Monash University – School of Medicine – Wellness  
Lecturer 1997  
Victoria University of Technology – Physical Education  
1986-7 and 98-9

PAST  
POSITIONS

HIGH PERFORMANCE MANAGEMENT ROLES AT 7 AFL CLUBS 1982-99  
DEVELOPED AUSTRALIA'S 1ST ACCREDITED WELLNESS LEADERSHIP COURSE 1999  
CONTENT AND FEATURE WRITER - CHOPRA GLOBAL - NEW YORK  
VAFA STATE FOOTBALLER AND FINAL ALL AUSTRALIAN SQUAD 1983  
A KEY INFLUENCER IN THE INITIAL RISE OF WOMEN'S AFL FOOTBALL  
CONTENT WRITER - THRIVE GLOBAL  
CONTENT WRITER - THE HUFFINGTON POST

## PAST CLIENTS INCLUDE...

Telstra | NAB | ANZ | John Holland Group | BHP | CPB | Lend Lease | Australian Government | Victorian Government | Fulton Hogan | AGL | Thales Group | QBE | Marsh | AON | EML | Wesfarmers | Lion Nathan Metro Trains | Acciona | Linfox | Australian Unity | Exxon Mobil | Allianz | Fox FM | Triple M | Fuji Xerox Yarra Valley Water | Glen Eira City Council | Primero Constructions | Major Roads Projects Victoria



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