

Martin Heppell

Partner/Facilitator, The Resilience Project

Martin has a unique background. He spent a considerable amount of time growing up in Borneo living with a Dayak headhunting tribe. He was also educated in different parts of South East Asia and has been heavily influenced by the morals and values that he and his family were immersed in whilst living with the Dayaks.



After finishing high school in Melbourne, Martin spent 6 years in the AFL and SANFL systems playing for the St Kilda, Melbourne and Norwood Football Clubs. Following this, he travelled the world backpacking for nearly 3 years. Upon return to Australia, Martin studied primary teaching at Melbourne University. After completing his degree, he taught 1/2 and 5/6 year levels for 4 years before being promoted to Assistant Principal at Auburn Primary, where he focused on Student Wellbeing, Educational Leadership and Change Management.

After 4 years as Assistant Principal, he joined The Resilience Project. Since 2016, he has conducted over 1,700 presentations across Australia to key stakeholders at schools and their communities, corporations and elite sporting organisations including the AFL, NRL and the A-League.

He especially enjoys situations that present challenges and require an optimistic focus to address. He is passionate about children being raised in a supportive and encouraging environment that evokes self-confidence and a zest for life. His presentations are original and energetic.

About The Resilience Project

The Resilience Project delivers emotionally engaging programs to schools, sports clubs and businesses, providing practical, evidence-based mental health strategies to build resilience and happiness.

Through presentations, school curriculum, events, the TRP App, and Wellbeing Journals, we share the benefits of Gratitude, Empathy and Mindfulness, and easy ways to practise these in everyday life. We also incorporate Emotional Literacy, Connection and Physical Health education and activities as they are foundational contributors to positive mental health.

What Hugh Talks About

A corporate session will be tailored specifically for your workplace and is a great addition to a staff

conference or team building day.

In order to provide staff with a tangible reference following on from our presentations, we have a 21 Day Journal available enabling your staff to work on our practical strategies for three weeks after we leave. There is also a 6 Month Journal available as a further extension of the 21 Day Journal. These can be purchased online here or directly via email once your booking is confirmed.

- Managing Stress and Anxiety
- Applying Our Core Strategies in the Work Environment
- Achieving Work/Life Balance

Testimonials

“ The most inspiring work PD I have ever been to.

- *James Williamson, Shell*

“ In one and a half hours you have changed my life forever.

- *Chris, VIC Roads*

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