

Mark Visser

Big Wave Paddle-in Champion, Emotional Intelligence Expert, Author, Keynote Speaker and Founder of The Ocean Warrior course

Mark Visser is the 2014/15 Big Wave paddle in champion. For the past 13 years, Mark has been a mindset coach to some of the world's most successful individuals. Working with world champion Kelly Slater, Australian SAS, US Navy Seals, Olympic athletes, and sporting teams. Mark has also been highly instrumental in the mindset training for professional coaches, billion-dollar tech companies and two AFL premiership teams. He specializes in emotional intelligence and helping individuals connect to their ultimate self.

After many years of training, Mark Visser made history by surfing the notoriously dangerous 40-50ft waves at Jaws (Pe'ahi) Maui, in total darkness.

A true world first achievement, known globally as Night Rider.

With passion and humility, Mark speaks from the heart about breathtaking events and realizing his dreams. Mark is a down to earth, natural speaker who is infectiously energetic and engaging.

By using his own experiences and challenges as an example, Mark's presentation covers how he and his team accomplished an inconceivable goal and proved that the impossible IS possible. His presentation includes jaw dropping imagery and video content, inspiring his audiences to understand that any task can be achieved, with the right strategy.

Mark can be engaged as a keynote speaker for individuals, teams and organisations, giving them the drive to innovate, achieve and challenge their limits. Presentations can also be tailored to draw-out company ethos and key messages to assist in focusing on brand or club specific goals.

Mark's Presentation Overview

- A brief history and his vision
- How he got there
- The dream- redirecting goals to align with strengths and passion
- Mapping out the path, identifying obstacles and establishing a clear plan



- Eliminating limiting beliefs
- The team- how everyone's role is crucial to success - united culture
- Training and technology - preparing for the worst and planning for the best to ensure confidence and focus
- Group interaction - Mark's takes the audience into his world by allowing them to feel what its like to prepare for "big wave surf training". This is a fun 20-second activity that is done at their table
- Teamwork - the importance of members staying true to their role and being present in each moment
- The success - achieving a world first and realising that 'impossible' goals are possible
- The next big thing, redirecting your focus to go again
- Recap of the vision and the plan going forward

Workshops and Day Course

Mark Visser is a highly passionate and experienced facilitator who has an extensive background in elite sport, the corporate arena and leadership teams across a broad range of industries.

These workshops can be completed in 1-2 hour blocks. Workshops are also available in a half-day session. Mark teaches attendees how to build self-awareness, enhance mental wellbeing, accelerate performance and improve leadership skills.

Mark's background as a professional big wave surfer is what led him to over 21 years studying different techniques and sections of the brain. The goal was to obtain calmness in chaos.

These techniques support individuals' ability to function at a high level when stress and fear are present. Mark's focus is on mindset development, processing fear, stress and advanced emotional intelligence training.

Mark currently works with Kelly Slater, Steph Gilmore and many other world champions and business organisations.

Mark has been a mindset coach at the Melbourne FC from 2019 to present, working closely with head coach Simon Goodwin. In this time, the club won its first premiership in 56 years and Simon was awarded 'Coach of the Year'.

Prior to this, Mark was involved in Richmond FC pre-season camps and worked directly with leadership players to see their first premiership in 36 years.

Mark has previously worked for the US Navy Seals and Australian SAS. These teachings are all about getting out of the rational mind to achieve things beyond what we think we can do and how to connect as a team, for united success.

Workshops

The Backpack Procedure

Identifying emotional storage that no longer serves us. We learn new techniques on how to create

space and become highly efficient in both our professional and personal life.

- Attendees will learn specific breath patterns to get clear, stay focused and access key sections of the brain. This session provides a direct link to minimising brain-wave activity whilst maintaining a decreased heart rate. This sets up a work/life balance and enables our emotional intelligence to connect to a 'winning on all levels' vs 'winning at all costs' process. This is a notebook exercise that includes group interaction and team building exercises. The importance of this exercise is to give each attendee a practical skill that they can use throughout a busy week. More importantly, it allows a sense of vulnerability amongst staff members to help each other realise that we all have stresses in one form or another and hanging onto them only limits our true potential.

The Mind Body Process

Using an in-class simulation we explore the power of our minds and how quickly we can be led to conclusions based on the over-thinking mind or ego. We learn how to 'feel' and connect to our true self vs the excess noise our minds can create.

- Attendees learn how to take control of the exact outcome they want, even when fear or stress is overwhelmingly present. We learn the optimal way to talk to ourselves and the most effective way to communicate to others if they are consumed by excessive pressure or multiple tasks.

Who's Holding the Mic?

We take a deeper look into how we operate day to day and the key mental structure that is driving us forward. We learn how to provide support from within and strengthen new patterns for our desired intention.

- Attendees gain awareness on what's happening internally, how to provide emotional stability, self-worth and confidence going forward. We learn that ignoring self-limiting problems, tough situations or potential roadblocks can often create bigger ones. A better approach is to pay attention to the internal process and provide support for it. This is what drives a sense of inner stability and confidence. This is a notebook exercise that includes group interaction and team building exercises.

Map it Out & Tap it Out

We focus in and get a clear view of where we are and what is needed to go forward. In this process we expose our potential fears of failure to find solutions that will light our desired path.

- Attendees learn how to leave no stone unturned when it comes to zeroing in on a desired outcome. Taking responsibility for our actions, we recognize we are in the driver's seat and have the tools needed for sustained success. This is a notebook exercise for each individual.

Half Day

The ½ day event includes all four workshops with additional breath and relaxation techniques applied.

Day Course

Business Development Day Course

This day course includes all of the workshop sessions with additional water-based and/or land-based simulation activities, using core mental skills. This process breaks down the science of what we are capable of when we exit the over thinking mind. This session is adjusted and suitable for all skill levels.

THE ULTIMATE YOU

Keynote

This session starts off with a 45min keynote presentation and 15min Q&A.

Stage 1. A basic understanding of what the human body is capable of and making sure we are all working well within our limits.

Stage 2. We learn key components required for the mental and physiological approach to each task. We also go deep into specific techniques for heart rate and brain wave management.

Stage 3. Water submersion simulation. We document scientific data for each attendee in a range of areas to gauge each person's response. We use the water as a practical way to disengage from the overthinking mind.

Stage 4. As we build a foundation of skills, we also break down the barriers of fear, the science of how the mind-body connection affects our performance and how to respond to situations vs reacting to them.

Stage 5. We reassess and document each attendee's progress with a new understanding of how to be confident and calm in stressful situations.

Stage 6. Using specific techniques, applying the right mindset and correct physiology, you will learn to master these skills in all areas of your life.

Stage 7. Getting clear, we take an in-depth look at the process to achieving a 'winning on all levels' approach. Regardless of our environment we acknowledge that we have the ability to take control in any situation.

Additional Extras

A signed poster can be purchased for your boardroom or office. We can supply you with a signed big wave image to choose from.

Testimonials

“ One of the best keynote speakers we have ever had

- HSBC Bank

“ The biggest challenge for our group is the sheer amount of pressure that's on them every day. This course was fantastic, with brilliant examples of how to use practical, core mental skills to stay focused.

- Dr Andrew Watson | Psychologist MFC

“ Could not be happier with this experience and the impact on our team. So well suited to our leadership and development program. Truly world-class.

- Aaron Trevis | Founder & CEO - Surf Lakes

“ One thing I learnt on this course is, if you mentally prepare yourself and relax your body down, relax your mind down, you can actually conquer anything. It's not your fears stopping you, it's your own mind and body. If you can control that and put yourself in a relaxed state you can achieve anything.

- Ciena USA

“ I was amazed by how much this program can be transferred into both our business and personal day to day lives.

- Peter Thomas | Marketing Manager - Lexus

“ I was really impressed, made the back of my hair stand up

- The Chia Co

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[VIDEO OF SPEAKER](#) 