

# Mark Mathews

## *Big Waver Surfer and Motivational Speaker*

As a world class big wave surfer, Red Bull Athlete and Surf Contest Director Mark Mathews has become obsessed with the relationship between personal growth, high performance and fulfilment.

Winner of an unprecedented 3 back to back Oakley Big Wave Awards, Mark has cemented himself as one of the best big wave surfers in the world.

As a highly sought after international speaker, Mathews' surfer chill vibe and magnetic charisma, has graced the stages of leading companies worldwide.

From Google, Sony, Intel, to MasterCard, he instantly captures audiences with his epic tales and spectacular big wave surf vision.

His compelling story offers game changing tips to adapt to stress, harness resilience and perform when it counts. He has deconstructed, fine-tuned, and personalised emotional resilience techniques to successfully strengthen ones mindset and sustain long term performance.

## **Mark's Career Highlights**

- 2009 - 2011 Winner of 3 consecutive Oakley Big Wave Awards
- 2011 - Starred in and co-produced 2 x AFI Award Winning Feature Documentary Fighting Fear
- 2012 - 2016 Starred in and co-produced ch9 TV series 'The Crew'
- 2014 - Creator, Director and Winner of the inaugural Red Bull Cape Fear event.
- 2016 - Directed Red Bull Cape Fear - "The Scariest Surfing event in History" - Kelly Slater
- 2017- Present CMO Mick Fanning Soft Boards
- 2017 - Winner Brandon Hall Award For most innovative Leadership Program.

## *What Mark Speaks About*

### **Life Beyond Fear**

Obsessed with the relationship between personal growth, high performance and fulfilment, Mathews is on a mission: Offer game-changing ways to adapt to stress and increase wonder in the lives of others. He has deconstructed, fine-tuned, and personalised emotion and resilience



techniques to successfully strengthen one's mindset and sustain long-term performance.

### **Out the Back: The Courage to Commit**

Discover how a 10-year-old boy, terrified of the ocean would go on to become one of the world's best Big Wave Surfers. A story so inspiring that it was developed into the 2x AFI award-winning movie Fighting Fear narrated by Hollywood superstar Joel Edgerton.

#### *Key Takeaways:*

- Learn how to easily adapt, react, and capture opportunities in high-risk environments.
- Discover counter-intuitive techniques to disrupt negative mental perceptions to naturally increase innovation, drive and focus.
- Easily tap into "the zone" to maintain ultimate productivity and long-term sustained performance.

### **Wipeout: Surviving the Impact Zone**

Mark knows all too well the crippling effects of stress and anxiety. While in Tasmania, fifteen feet in front of a cliff in cold, shark infested waters, Mark hit the reef and instantly blacked out. Terror engulfed every inch of his being. Neck braced and hospital ridden, he didn't know if he would ever surf again. At that moment Mark made a decision never to allow stress and anxiety to put him in this position again.

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### **Capitalising on the Next Wave of Opportunities**

In the ocean, Mark must always assume that conditions can-and will-unexpectedly change, violently and fast. Mark and his team must stay hypersensitive to change, continually reassessing conditions and refocusing goals and strategies.

#### *Key Takeaways:*

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- Discover counter-intuitive techniques to disrupt negative mental perceptions to naturally increase innovation, drive and focus.
- Easily tap into "the zone" to maintain ultimate productivity and long-term sustained performance.

### **Harness Resilience**

#### *Key Takeways*

- Avoid the “crash and burn” cycle by converting fear-based habits to positive lifestyle patterns.
- Access the mental rewire secrets used by elite athletes: simple and actionable tools that promote nervous system health.
- Discover counter-intuitive techniques to disrupt negative mental perceptions to naturally, increase innovation and drive.

## **Perform When It Counts**

### *Key Takeways*

- Integrating emotional intelligence and confidence-based strategies to build resilient and engaged teams.
- Leading others to overcome risk, change, and uncertainty in volatile environments.
- Learning how to easily adapt, react, and capture opportunities in high-risk situations.

## **Manage Change**

Mergers, buy-outs, downsizing: These are just a few of the ways in which companies can transform literally overnight. While these moves often help a company remain competitive, they also result in profound changes to organisational structure and other disruptions to the status quo. Change can trigger our most basic survival instincts, and even when physical survival is not an issue, it can feel as if your life is on the line whenever things change. Our known existence, whether we liked it or not, is replaced by an unknown one, and we become fearful and disoriented. Helping your employees deal with the Stress and anxiety that comes along with such changes is crucial.

### *Key Takeways*

- Techniques to develop Resilience and Courage.
- The benefits of a growth mindset.
- The importance of commitment to implementing Change.

## **The Next Wave Workshop**

The Next Wave is a video-based “choose-your-own-adventure” teaming session that follows the exciting career of professional big-wave Surfer, Mark Mathews and his team.

The audience is grouped into professional surf teams, including the roles of photographer, swell forecaster, water safety crew, manager, publicist and surfer. You’ll be transported out into the ocean (virtually) where you will face a series of exciting scenarios, have to make difficult decisions, and either reap the rewards or face the consequences of those decisions.

In addition to delivering the interactivity and excitement that conference audiences crave. The Next Wave program can be customised to focus on your selection of the skill development modules.

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