

Mark McKeon

Achieving Personal Success, Building Teams and Creating Leaders

Director of Training and Development at Mischief Motivation Attitude Pty Ltd, Mark McKeon is committed to enhancing organisational performance through specialised keynotes and workshops that focus on Wellbeing, Resilience, Leadership, and Time Creation. With a profound understanding of human dynamics in both sports and corporate environments, he leverages his extensive experience to foster personal and professional growth.



Mark's impressive career as a High-Performance Coach with the Collingwood Football Club in the Australian Football League (AFL) spans 15 years. In this capacity, he championed the development of numerous athletes, emphasizing mental toughness and resilience. His dedication to the sport was further exemplified by his role as the club's Runner during 250 games, a testament to his unwavering commitment. His contributions to Collingwood earned him a well-deserved induction into the Collingwood Hall of Fame, recognizing his influence on the club's legacy.

In addition to his work with Collingwood, Mark represented Victoria in the State of Origin Series on five occasions, showcasing his proficiency in talent development at a state level. His foundational experience as a senior AFL player for Melbourne and as a representative for Victoria in the Victorian Football Association (VFA) has equipped him with a unique perspective on the nuances of leadership and teamwork.

As an innovator in training methodologies, Mark is the designer of the highly regarded Go Zone Program, which focuses on optimizing personal and team performance. His expertise extends beyond coaching; he is also a published author of several successful books, including 'Get in the Go Zone', 'Every Day Counts', 'Live a Little More', and 'Mark McKeon's Life Tips'. These works have resonated with audiences globally, making significant impacts across more than 10 countries.

Through his dynamic workshops and keynote engagements, Mark empowers individuals and organisations to harness their potential, cultivate resilience, and effectively manage their time. His commitment to fostering a positive attitude and sense of well-being stands at the core of his professional endeavors, making him a leading figure in the realm of training and development.

Mark McKeon talks about:

The Go Zone

Doing the important things without excuse or distraction (Go Zones). Developing a habit to get more done, while enjoying periods of lower intensity (Slow Zones) and total guilt free periods of recovery (No Zones). Learn how to be in the right 'Zone' at the right time, and how to transition effectively.

The Go Zone strategies unlock an elevated level of thought, behavior and execution, available to us when we need to be at our best, and the ability to recovery quickly and effectively...a skill that so many of us lack!

The Go Zone is much more than time management. It boosts productivity, wellbeing and resilience, in all aspects of career and life!

Embracing Change

Change is inevitable (except from vending machines). Don't just deal with it, embrace it. Only when you embrace that change is inevitable will you be in a position to reap the rewards that change can bring!

Denial (the Titanic can't sink) and Resistance (It's not fair, I'm staying on board) are outmoded. Learn how to move beyond these obstacles to Adjustment (better check for lifeboats just in case) and Acceptance (better here in the lifeboat than back on the sinking ship).

Enliven your team's response to change and unlock personal and team opportunities and accountabilities.

High Performing Teams

This interactive workshop is based on 4 key Principles:

1. The Power of Clear Expectations.
2. The Right balance of Recognition and Challenge.
3. Living the Values which is the personal call to action and example setting.
4. The X Factor of The Power of Genuine Interest!

Each of the 4 principles is Introduced with Real life examples and analogies. Then, in workshop format we use practical Interactive Exercises to bring each principle to life before discussing the relevance of the Principle to Your Team and designing clear Action Plans! To create immediate real world impact

Testimonials

“ Mark was absolutely fantastic! He was very engaging and everyone was riveted with his presentation, thanks very much for recommending him!

- Ericsson

“ Mark was excellent. He kept the audience interested throughout the 90-minute presentation and received great feedback from our 800 delegates.

- Ray White Real Estate

“ Blown away, Mark was awesome...So motivating and relevant, it would be great to hear more of Mark

- Siemens

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