

## Dr John Tickell

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### *Expert on health, well-being and longevity*

Dr John Tickell is one of the rare breed of speakers who have been there and done that - on both sides of the desk - as a consultant to high-profile corporate executives worldwide and as a man with extensive experience at the coal face, having developed substantial, successful businesses in his own right.



He was the creator of the Hyatt Regency Coolum International Resort and Spa in Queensland and the Heritage Golf and Country Club in the Yarra Valley of Melbourne. The Doctor is a best-selling author and well-known media personality.

An internationally acclaimed speaker, Dr John is the only Australian to be invited to speak on the main platform at the American Million Dollar Round Table Insurance Conference twice and has been rated in the Top 10 Presenter in the world by the International Young Presidents Organisation (YPO) which involves 27 countries worldwide.

As a medical doctor he has visited over 100 countries to study the habits of the longest living, healthiest people on earth. Armed with this knowledge, he breaks down a minefield of medical information into simplistic terms that people can understand and act upon - it is one of the things this man does best.

He is the only doctor in history to have had a Top 40 hit record, co-owned the winner of the richest thoroughbred handicap horse race in the world - the Melbourne Cup - and fought brain cancer.

Dr Tickell has published and sold millions of books worldwide including co-authoring the multimillion bestseller *Golf and Life* with Jack Nicklaus.

He has also worked with such high-profile people as Donald Trump, Greg Norman, Richard Branson, Lisa Curry, John Newcombe, Anthony Robbins, General Norman Schwarzkopf and share the stage with presidents of the USA and the USSR.

Dr Tickell is like a breath of fresh air at any event, his charismatic personality and well-placed presentation humour entertains and motivates the most discerning of audiences. He is the ultimate tonic for those people who wish to break the stress cycle and lead a healthier, more fulfilling life.

### *Dr John Tickell's presentations include:*

- Everything in Moderation Except - Laughter, Sex, Vegetables & Fish
- The Nine Secrets of Winning in Business & In Life
- Massage Your Bottom Line
- The Stress of Success
- A Younger, Slimmer, Better Looking You!
- Put the 'H' back into 'OHS'
- The A C E skills of Life, applied to our everyday happenings! Activity, Coping, Eating

Dr John Tickell is a unique, inspirational, credible and memorable speaker who actually makes a difference!

His successful background in medicine, sports and business gives Dr John the tools, along with his personality and wonderful sense of humour, to captivate the most discerning audience.

## Client testimonials

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“ The Doctor was simply the best. He out rated all the other world class presenters and the practical ‘to-go’ advice was superb.

- **World Masters of Business Congress**

“ Very practical advice on stress management. As a result, many of our managers seem motivated to take steps to modify their lifestyle and eating habits.

- **OCE Australia**

“ Why did we invite the Doctor back? Because of the huge impact he has. Several years after his first presentation they’re still doing what he told them to do, and with great results. That’s truly amazing.

- **Million Dollar Round Table**

“ Outstanding! Professional, funny, enthusiastic and inspirational. Pitched at exactly the right level for clients.

- **Compaq**

“ I've never seen anyone change people's lives in 60 minutes and be more fun than Seinfeld.

- **YPO**

“ “Dr John, you nailed it” “Hosting you was our absolute pleasure, the feedback was wholly positive” ‘Entertaining’, ‘Pragmatic’, ‘Passionate’ were some of the key words from our people and clients” “Thank you again”

*- Executive Chairman of Integral Private Wealth*

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