

# John Novak

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## *Leading high-performance mind coach*

For over 20 years, Australia's leading high-performance mind coach John Novak has worked as a sports motivator and mind trainer with elite athletes who have earned National, International, Commonwealth and Olympic Games recognition.

The author of three books and creator of 'The Boomerang Effect', John's philosophy of 'best self' has proved successful wherever it has been introduced. It is all about showing people from all walks of life what it takes to 'win the mind game', succeed above the shoulders and have the mindset of a champion.



World-famous athletes, premiership-winning football teams and the corporate world alike look to John Novak to unlock the power of the mind to reach one's full potential.

With over three decades of experience, John Novak is a very accomplished speaker. He uses his vast knowledge of mental preparation in elite sport to highlight what it takes to succeed 'above the shoulders'. John's message is relevant in the boardroom, workplace, and across any role or industry.

John's corporate clients include Telstra, Ernst & Young, Coca-Cola, Reebok, Flight Centre, ANZ and Commonwealth Bank while his sporting clients have included Sydney Roosters, Manly Warringah Sea Eagles, Sydney Kings and Red Bull Racing.

John is currently Head of Mind Management for the Canterbury-Bankstown Bulldogs NRL team and also regularly works with some of Australia's biggest names including Olympians James Magnussen and Melissa Wu. He was previously Head of Sport Management and the International College of Management Sydney (ICMS).

John Novak is regularly featured in the media including The Daily Telegraph, Sydney Morning Herald and GQ Magazine, to name a few.

## ***John Novak talks about:***

- Motivation

- Leadership
- Mind Strategies
- Mental Preparation
- Stress Management
- Overcoming challenges
- Personal Development
- Team Cohesion
- Productivity
- Confidence

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