

John Aiken

Communication Expert

John Aiken is a relationship expert, best-selling author, regular media commentator and columnist. He is best known as the relationship and dating expert on Channel 9's hit series *Married At First Sight*.

John is also an entertaining and empowering speaker who sheds light and life on human behaviour and relationships. With an innate ability to blend his real life experiences as a relationship expert with his knowledge of research and years of media expertise, he empowers audiences to look at things differently and to bring about change. John's speaking style is interactive, humorous and fun.



More about John Aiken:

John Aiken is a qualified relationship expert who has specialised in the field of relationships and worked in private practice for over 20 years. He provides practical advice to singles and couples, and runs exclusive retreats for couples.

John came to prominence as the host of ABC's *Making Couples Happy* and *Making Families Happy*, before becoming a regular on the *Today Show*, *Today Xtra* and the podcast *Talking Married*. His weekly dating and relationship Q&A column on the hugely popular 9honey online website is enormously successful, and he has featured frequently on radio and in magazines. Previously, John worked extensively in the NZ Media as a relationship expert and host on television documentaries and reality series. He had his own nationwide radio show *Straight Talk*, and was a long-term columnist for *Next Magazine*. John is a best-selling author and has written three books, *U-Turn: Putting You Back Into Your Relationship*; *Accidentally Single: The 15 Mistakes That Ruin Romance and How to Avoid Them*, and *Making Couples Happy: How Science Can Help Get Your Relationship Back on Track*.

An engaging keynote speaker, he has presented to CEO's and entrepreneurs, media talent and executives, advertising agencies, major banks, telecommunication organisations, health and lifestyle companies, and professional conferences.

John Aiken talks about:

10 Secrets to Improving Relationships

What makes happy couples work and the secrets to improving your relationships. Over the years, there has been plenty of research on successful relationships, and John presents 10 absolute must do's when it comes to getting the most out of yours. This comes off the back of his huge success as one of the experts on ch9's international hit show Married At First Sight. He is also a best selling author and has hosted the acclaimed ABC documentary series Making Couples Happy and Making Families Happy. He will not only give you practical take home strategies, but also open your eyes to the importance of prioritising your relationship and its overall impact on your health and well-being.

10 Ways to Better Communication

John shares his ten key tips to becoming a more effective communicator. With over 25 years working in the field of relationships and having spent 10 Seasons as one of the experts on the international hit show Married At First Sight, John has seen it all when it comes to good and bad communication styles. Whether it's with your intimate partner, your friends and family members, or your work colleagues, there are certain key ways to approach expressing yourself effectively and John will unpack these in a way that teaches you how to get out of gridlock and start moving forward and resolving issues. With a thorough understanding of relationship research, and his own hands-on experience in private practice and being on MAFS, he will provide the audience with an engaging and entertaining presentation that will allow you to finally overhaul your communication style and avoid the pitfalls that sabotage self-expression.

5 Keys to Building a Success Mindset/ Resilience

John shares his key insights on how to develop a success mindset to achieve your goals. John began as a first-class cricketer (playing for Wellington, Auckland, NZ 'A') before turning his attention to training to become a relationship expert working in private practice. Then came the opportunity of a lifetime to audition for a reality show called Married at First Sight. From that moment on, John has been thrust into the limelight and has to perform under pressure as the show has gone into 120 countries. Listen to his key tips on how he developed his success mindset and increased his levels of resilience to cope with all the challenges over his 30 year career as a sportsman and media personality.

5 Lessons of Effective Leadership

John shares his key insights on the most important lessons he's discovered to effective leadership. John began as a first class cricketer (playing for Wellington, Auckland, NZ 'A') before turning his attention to training to become a relationship expert working in private practice. Then came the opportunity io a lifetime to audition for a reality show called Married at First Sight. From that moment on, John has been thrust into the limelight and has to perform under pressure as the show has gone into 120 countries. Listen to his key tips on how to become a successful leader, as he's moved from being an elite sportsman to becoming the face of a reality juggernaut and

overhauled his levels of resilience to cope with all the challenges that have come his way over his 30-year career as an athlete and media personality.

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