

Peter Thurin

MC, facilitator and educator on performance excellence

Peter spent more than 20 years owning, building and selling successful businesses but it was a simple phone call that led to an epiphany about life and what he wanted out of it.

Ever since he was a boy, Peter had wanted to be a black belt in martial arts. It was a dream, but an unfulfilled one. At 36 years of age, Peter made the decision to finally pursue that dream by making a simple phone call to his local Taekwondo school to arrange his first lesson. It was easy to do, but for 36 years it had also been easy not to do. That was the epiphany.

Now a 3rd Dan Black Belt, Peter sees everything in life as a choice between 'easy to do' and 'easy not to do'. Just like he did in pursuing his dream, Peter now helps people focus on what they can do rather than what they can't. He helps people from all over the world with the inspiration, enthusiasm, and determination they need to rise to the challenge.

Peter's story is not one of extraordinary achievement, but it is a story of achievement. It's a story of what ordinary people can achieve when they focus on what matters to them and, starting with small steps, build the momentum they need to reach their goals.

As Peter says, big-picture goals can be so daunting that often people don't have the courage to get into the game. I say it's ok to feel awkward, it's ok to feel uncomfortable, but don't allow those feelings to prevent you from making a start.

So, what's the one thing you need to do to make a start? Let's go and do that together. Let's get excited!'

Easy to do. Easy not to do. Your choice!®

Peter is a qualified pharmacist and, among his many quiet achievements, counts his wife Sharon and three grown-up kids as among his most meaningful.



Peter Thurin talks about

Get in the game - Good intentions will not get the job done. You actually have to 'do something'

Big-picture goals can be so daunting that people often don't have the courage to get into the game. It's ok to feel awkward and it's ok to feel uncomfortable, but don't allow those feelings to prevent you from having the courage to get in the game. Learn how taking action is easy to do.

Choose to get in the game!

- Taking action breeds confidence and confidence breeds action
- DO more. DO better. DO differently.
- Figure out the one thing you can DO now to get started

Rise to the challenge - The two things you '100% CONTROL' are your effort and your attitude

Your attitude makes all the difference. A positive one can build you up, a negative one can take you down. Learn how taking control of your attitude and effort is easy to do.

Choose to rise to the challenge!

- Change your attitude
- Change your performance
- Change your impact

Be remarkable - Small steps taken consistently over time lead to massive achievement

Being remarkable is the gradual result of always wanting to do better. It's about being brilliant at the basics, making good choices and being committed to continual improvement. Adopt a mantra of purposeful, forward movement and learn how achieving success is easy to do.

Choose to be remarkable!

- Start with small, consistent steps
- Learn the disciplines that maintain momentum
- Discover why success is an 'all the time' thing

Testimonials

“ Peter added a huge amount of energy to our Global Management Team Meeting and gave us the spirit to take up any kind of challenge. It was a pleasure to work with him because of his highly professional working style, very positive attitude and great personality.

- **BASF SE**

“ Peter is a speaker of outstanding abilities, and his approach has resulted in a number of significant behavioural changes within our region. I would highly recommend him for any future engagement.

- **ALDI**

“ The sessions that you ran was absolutely tremendous. Both the content of the sessions and the mode of delivery was first rate and I have no doubt that the messages you conveyed really resonated with our team.

- **SEEK**

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