

## Gus Worland

***Mental Fitness Campaigner, Media Identity, State Finalist For Australian Of The Year***

Much loved Australian television and radio host, Gus Worland is a passionate advocate for building the mental fitness of Australians. Gus wants all Australians to have their GOTCHA4LIFE mate.

Gus founded Gotcha4Life in 2017, following the success of the ABC series Man Up and losing a very close friend and life mentor to suicide, as he realised he had the ability and networks to make a real difference.



Fast forward to April 2023, Gus was selected to speak at TED2023 in Vancouver and received a standing ovation and over a thousand hugs from the live audience. In a live and raw TED talk, which will make its way around the globe, Gus spoke on helping people develop the emotional muscle and social connections needed to prevent suicide and build mental fitness.

The curator of the TED session said, "Thank you for bringing your heart and soul to our stage. Thank you for being so open and honest and brave and vulnerable, and for sharing a talk that will undoubtedly help to spark the conversations that really matter. The work that you do is so profoundly important for the ongoing health of humanity, and I'm so glad that we can give you our platform to share your work and thoughts just that little bit further."

Gus was honoured to be nominated as a NSW finalist for the 2023 Australian of the Year.

Gus simply does not accept the alarming statistics surrounding suicide in Australia and that nine beautiful people take their life every day. Gotcha4Life believes in the power of prevention through connection and champions the idea of proactively building mental fitness and the emotional resilience required to navigate the challenges that life throws at us.

We trust in the concept of starting meaningful conversations by developing better social and emotional connections with mates, families, colleagues and community.

Gotcha4Life's mission is to inspire and enable people to take action to build their mental fitness, so no one worries alone. Driving change through projects and programs in schools, sports clubs and communities.

Gus wants to:

- Get to the bottom of the suicide crisis, effect real social change and hopefully save lives.
- Raise awareness about the multifaceted health benefits associated with having a close mate.

## **Gus Worland Speaks About**

### **Keynote 1: Journey to Zero Suicides**

In this heartfelt and inspiring keynote, Gus shares his personal journey and the experiences that led him to establish Gotcha 4 Life. He explores what drives him to push forward every day in his mission to achieve zero suicides. With honesty, warmth and humour, Gus dives into the importance of community, connection, and the simple yet profound idea of “never worrying alone.” His engaging and uplifting message leaves audiences feeling inspired, empowered, and ready to prioritize mental fitness in their own lives and communities.

### **Keynote 2: Leading Boldly: The Hidden Power of Vulnerability**

In this engaging, impactful talk, Gus explores the concept of vulnerability in leadership. He investigates the idea that by leading with vulnerability and fostering mental fitness, leaders build strong, more resilient teams capable of navigating challenges and thriving together. By sharing examples and anecdotes, Gus brings to life the strength that lies in vulnerability and the benefits it brings. Audiences will leave not only inspired but equipped with actionable strategies to prioritize mental fitness in their own team and organizations.

### **Keynote 3: The Hidden Power of Vulnerability**

This is a tweak on above. Aimed at a wider audience - not leader specific. The tools and strategies used above will be adapted to a broader group - life skills rather than leadership skills.

### **Ted Talk: Mental Fitness**

### **Mental Fitness Workshop**

This workshop focuses in on mental fitness, journey to zero suicides and the three protective factors of Emotional Adaptability (Muscle), Help Seeking (Don't Worry Alone), Connectedness (Village). Through a combination of facilitation, activities and humour Gus and Vicky (wife and co-founder of Gotcha4Life) help people explore what and who is really important in their life when it comes to being mentally fit.

## **Testimonials**

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“ Gus’s ability to speak openly and honestly about mental fitness and the importance of having a village really hit home for all our attendees. We were so thankful and lucky to have Gus to start these important conversations in our workplace.

**- Central Coast Council**

“ We have had overwhelming positive feedback from our leadership group. Several people in the audience have since shared their own stories, so to shine a light on the subject and start the conversation is all we could have asked for and more. It was well worth the investment in time and money, and we would welcome the opportunity to work with Gus and the Gotcha4Life Foundation in the future.

**- Service Stream Limited**

“ The presentation was brilliant, the guys have been continually talking about it. Not only about the presentation, but the take home message (which was the aim) was still front of mind, thought provoking and really struck a nerve.

**- Glencore Australia**

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