

JOHN TOOMEY – Health & Wellness

Resilience/Thought Leader/Best Health/Culture



John Toomey is one of Australia's most sought-after speakers on a variety of Human Wellbeing subjects.

He is widely respected right across the world for his Speaking, his Writing and his guidance on Workplace Wellness and Leadership issues.

Original from the Central Darling Downs in Queensland, John lives in Melbourne's inner bayside region. He speaks with incredible presence and connection and a deep passion for the betterment of life for all living things. John's pastimes include distance running, ocean swimming and meeting new people.

John enjoys talking to School groups, brewing Kombucha and making vegetable ferments. You will often find him sipping a quiet coffee in a good Café, training with his son Cheyenne or enjoying his grandkids.

SPEAKING TOPICS

Workplace Wellness
Fatigue Prevention
Resilience and Mental Wellbeing
Creating Cultures of Care
Men's Health – Women's Health
Leadership

POSITIONS

Chair - Wellness at Work Initiative – Global Wellness Institute - Miami
Content and Feature Writer – Chopra Global – New York
Licensed Avatar® Master

PAST CLIENTS INCLUDE

Telstra – NAB – John Holland Group – BHP – CPB – Lend Lease
Australian Government – Victorian Government – Fulton Hogan
AGL – Thales Group – QBE – Allianz – Marsh – AON – EML
Wesfarmers – Lion Nathan – Metro Trains – Acciona – Linfox

EDUCATION POSITION HELD

RMIT School of Health Sciences – Course Advisory Committee 2012-7
Monash University – School of Medicine – Wellness Lecturer 1997
Victoria University of Technology – Physical Education 1986-7 and 98-9

CONFERENCE PRESENTATIONS

Global Wellness Summit – Mexico City 2015
Multiple Safety Conferences, 2005 to 2020
Comcare Conferences – 2010-15.

PAST POSITIONS

High Performance Management Roles at 7 AFL Clubs 1982-99

VAFAs State Footballer and Final All Australian Squad 1983

Developed Australia's 1st Accredited Wellness Leadership Course 1999

A Key influencer in the initial rise of Women's AFL Football

TESTIMONIALS

"John recently spoke at our Client Information Session which was attended by a very diverse range of Victorian employer representatives. The topic of John's presentation was 'Creating Calm in a Stressful World'. He provided the audience with some very thought provoking and empowering information that participants could put into practice, not only in their personal lives, but in the workplace. Some of the words used to describe John's presentation by attendees included 'amazing, powerful and engaging. I would not hesitate in recommending John to anyone wishing to motivate and inspire their audience."

Pam Dowell- Business Development Support Coordinator

VIC Workers' Compensation Allianz Australia Workers' Compensation (Vic) Limited

"If you want to engage with the workforce and really challenge the norm, then I would highly recommend a visit from John Toomey. Taking the time to focus on the 'H' in OHS is fundamental to ensuring workers feel valued and also shine the light on the area many safety professionals struggle to do. John takes the audience on a journey about personal health, the impact of poor health on work undertaken and the simple changes we can all do to improve quality of life."

Michelle Nation - Safety, Health, Environment and Quality Manager – Vic, SA & Tas

"John assisted Virgin Australia recently during our Work Safe Week to deliver engaging and meaningful health and wellbeing advice that was very well received by our team members across the business. His professional, extremely knowledgeable and friendly nature led to making a positive difference to our team members health attitudes. We loved working with John and would recommend him to any organisation wanting to make a difference to employee health and wellbeing."

Liv Hewitt - Group Rehabilitation Manager

"We were looking for someone to help us out with our "Mind on Task" initiative and "Fatigue Management" in the run up to the Christmas holidays and I booked John after being recommended by a colleague. John ran several sessions for us and delivered his presentation to almost every person we had on site and the feedback we received from our workers was extremely positive. Almost all asked for his links to the wellbeing tips he spoke of during the sessions. Most of the guys coming to the sessions were thinking, "not another H&S training session", but John connected with the guys with his unique delivery and very interesting content and the guys were talking about the sessions for days afterwards, from the site construction workers to site senior management John engaged every one of them on the same level. We will have John back on site at some point and I would have no hesitation of recommending John to anyone who should ask about his services."

John Crawford – Senior HSE Officer

Apartments Construction