

Matt Runnalls



Mental Health Advocate

Keynote Speaker

Based in: Melbourne

SPEAKER DETAILS

Matt Runnalls works tirelessly as a mental health advocate to create awareness, acceptance, education and connection within communities to overcome the stigma and effects of suicide on a global scale. Utilizing his own lived experience of mental illness, surviving suicide attempts, and losing too many friends to suicide, Matt is continuously creating more platforms of communication to encourage everyone to feel comfortable to talk about and manage their well-being just as he continues to do.

Through his rediscovery of hope visible in the kindness of others, Matt found his passion and purpose when he wholeheartedly pursued the creation of Mindfull Aus at the age of 24. Since devoting himself to advocacy full-time, Matt has delivered over 600 speeches and keynotes, workshops, and events across Australia, Canada, and America. Matt has facilitated right across the world for some of the world's largest Mind and Behavioral organizations, conferences and bodies.

Matt has also been a student of programs and workshops from leading experts in the field of mind and behavioural health including Wim Hof, Tony Robbins, Dr Jordan Peterson, Dr Brené Brown, Tom Bilyeau, Deepak Chopra, Heather Yelland and Kevin Hines. Matt is trained in NLP, a certified Breathwork & Meditation Practitioner, Sciences of Wellbeing, Intro to Psychology & Counselling, EQ and Quantum Learning as Alumni of California State University. Matt's drive and personal story have helped him assemble the most practical tools and strategies from world-renowned thought-leaders and game-changers in the field of mental health, inspirational people he's been privileged to meet, work with and learn from. Matt presents an array of lifestyle practices and mindsets that can propel you or someone you know struggling, to true and deep well-being and an unstoppable future.

- DIVERSE RANGE OF SPEAKING HISTORY -

- 2015 - CBA Property Group, Victoria, AUS
- 2018 - Queensland Police Force, Qld, AUS
- 2016 - Glen Waverly Primary School, Victoria, AUS
- 2017 - Bert Nash Community Mental Health Center -Kansas, USA
- 2017 - Red Deer County- Alberta, Canada
- 2018 - Nate Chute Foundation - Whitefish Montana, USA
- 2019 - Scope Disability Services, Victoria, AUS
- 2019 - AGL Energy, Adelaide, SA
- 2019 - Diageo, Sydney, AUS
- 2019 - California State University, Long Beach, USA
- 2019 - Guinness World Record Attempt, Adelaide, SA
- 2022 - Kraft & Heinz - Sydney, NSW
- 2018 - University California Santa Barbara Mental Health Conference
- 2018 -Foyer Foundation National Conference, WA, AUS
- 2018 - American Association of Suicidology National Conference, Washington DC, USA
- 2018 - Anglo American Mining Org, Moranbah, QLD, AUS



- 2018 - National Conference of Youth Housing- WA, AUS
- 2019 - Lululemon, Melbourne, AUS Conference, USA
- 2020 - Youth Leadership Conference, Melbourne, AUS
- 2022 - RipCurl Australia & New Zealand
- 2020 - Nike Area Store Managers - Melbourne, AUS
- 2019 - Porter Davis Construction Conference, Melbourne, AUS

- RECOGNITION -

- 2021 AUSTRALIAN OF THE YEAR NOMINEE
- 2021 WESTFIELD COMMUNITY HERO AWARD
- 2020 AUSTRALIA'S BEST MENS SPEAKER FINALIST
- 2020 VIC MENS HEALTH AWARD FINALIST
- 2020 SAWARD DAWSON COMMUNITY SERVICE & SOCIAL IMPACT FINALIST
- 2020 ABC TRAILBLAZER AWARD
- 2020 VICTORIAN LEADERSHIP & INNOVATION AWARD FINALIST
- 2019 VICTORIAN LEADERSHIP & INNOVATION AWARD FINALIST
- 2018 AUSTRALIA DAY MEDALLION RECIPIENT
- #1 AMAZON BESTSELLING AUTHOR - NOBODY CAN SAVE ME

"I've seen a lot of speakers and been involved in many confronting and unique development situations and that was hands down the best facilitation I've witnessed and experience I've been involved in, you're exceptional at what you do" - Jaymee Sincock (Manager - Lululemon)

Where to begin. Matt Runnalls is a personal hero of mine. He's also one of my greatest friends. Matt gives his absolute all in everything he does professionally, mentally, spiritually, and mindfully. He's given a lot to me personally and has helped fuel a drive to thrive in me like none other. He's the founder and creator of Mindfull Aus, all about being mindful of those with a mind full. Matt's passion and dedication to giving back are otherwise uncharted. This young man goes above and beyond in every aspect of his life, and existence, and through his passion to change not only the lives of great Australians but those who follow him around the globe. His work ethic is impeccable, and his drive to help people find hope is absolutely breathtakingly powerful. I highly recommend Matt for your gala, school, or event. His message will change the lives of every single attendee you have. - Kevin Hines - Award-Winning Public Speaker, Advocate, filmmaker, Author

I have recently had the opportunity to talk with Matt about mindfulness. I have worked in the mental health field for a long time and I was so impressed that a person so young could be so wise. He has lots to say, much that could be life-changing and certainly save lives. He is compassionate, empathetic, caring, kind, energetic, motivated, and goal-oriented, and he is changing dark into the light for those that listen to him. Keep an eye on Matt. Read his writings. He will brighten your day. He is worth listening to and I believe he is one that will help change this world. Much success to you my friend!! - Clinicians & Professionals

"I have had two recent losses in my family to Suicide and being able to access the support, the education and the message that Mindfull offers and Matt stands for has helped not only me but also my whole family through our process of grief and acceptance. I highly recommend anyone who is feeling a sense of helplessness, or the overwhelming loss of hope to attend a forum or link to Mindfull Aus and see for yourself the benefits of this amazing organisation."

My life changed today as I had the blessed opportunity to meet Matt. He is an inspirational person, a great soul, and someone who was willing to listen to my story even though he had never met me before. Matt you are a beautiful person! I HIGHLY recommend Matt and all of the work he is doing.

"I had the pleasure of hearing Matt Runnalls founder of Mindfull Aus speak at my foundations launch event. To say the crowd was captivated is an understatement. Matt's honesty and ability to articulate the complexities of battling a mental illness and brain pain was brilliant. Every single person was moved and most importantly educated about what it is we can do for someone or ourselves who may be struggling. I can not recommend Matt enough. Matt is the epitome of inner strength and inspiration."

To listen to lived experience from Matt was a fantastic insight for our officers. Matt's message was inspiring and importantly encouraged our officers to consider and look after their own mental health and well being and that of their colleagues. As first responders, it is vital that we do this and Matt's story will help break down the stigma of mental health and the fear of admitting you are struggling. Our officers are already talking about the message Matt brought and through this breaking down the barriers around talking about and acknowledging our own mental health and well being in the workplace. Thank you, Matt.

"Matt, you are amazing. In Australia and now here in the USA. I was lucky enough to hear you speak tonight and share a message of a life worth living. I am a Suicide loss survivor and I'm forever grateful for the way in which you share your journey. Thanks again for blessing my community".

- INTERNATIONAL SPEAKER & ADVOCATE -

- *MULTIPLE SUICIDE ATTEMPTS & SUICIDE LOSS SURVIVOR*
- *RESILIENCE*
- *MENTAL HEALTH*
- *SUICIDE*
- *LEADERSHIP*
- *MINDSET*
- *SELF WORTH*
- *VALUES*
- *STRENGTHS*
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