



Brochure Copy

Please find attached some copy you may choose to use when promoting a Matt Church presentation at your conference.

Format one: Profile and Session Description

Matt Church

One of Australia's Top 10* conference speakers

Matt Church is an expert on work life balance. Every Feeling you have is driven by a Chemical. If you can find the chemical you can fix the feeling.

Matt believes that motivation is more about the drugs in our brain and our body than any other single factor. He is the author of three books Adrenalin Junkies, Serotonin Seekers and Highlife 24/7 and speaks on this to conference and corporate groups around the world. His sessions are informative, entertaining and inspirational.

Fix How You Feel

Do you read faxes and emails as they come in? Is instant coffee not quick enough for you? Do you get sick when you slow down? If so you might be an Adrenaline Junkie.

Do overcast days change your mood? Do you crave sugar mid afternoon? When stressed are you likely to eat poorly? If so you may be a serotonin seeker.

Excellence is not just about having the right tools and strategies it is also about being in your best state physically and mentally. Business today is an exhausting environment you need energy platforms to get on top of it all.

In this workshop Matt Church will explore ways we can get more out of your body chemistry so that your excellence is not an accident but the result of deliberate efforts to be in a peak state.

He reveals how excellence is created deep in your body's internal chemistry and that with small lifestyle changes you can develop habits that ensure you can integrate work and life more effectively and Fix How You Feel

**“Every feeling you have is driven by a chemical.
If you can find the chemical you can fix the feeling”.**

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Format Two: Combined Profile and Session Description

FIX HOW YOU FEEL – Matt Church

Do you read faxes and emails as they come in? Is instant coffee not quick enough for you? Do you get sick when you slow down? If so you might be an Adrenaline Junkie.

Do overcast days change your mood? Do you crave sugar mid afternoon? When stressed are you likely to eat poorly? If so you may be a serotonin seeker.

Matt Church believes “every feeling you have is driven by a chemical. If you can find the chemical you can fix the feeling” Matt is an expert on work life balance. He believes that motivation is more about the drugs in our brain and our body than any other single factor. He is the author of three books Adrenalin Junkies, Serotonin Seekers and Highlife 24/7, he speaks to conference and corporate groups around the world. His sessions are informative, entertaining and inspirational.

Matt Church was recognized in 2003 with the National Speakers Association Nevin award. The most prestigious honour in the speaking profession

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