



LUKE MATHERS

'Embracing stress is a game-changer for both employee well-being and business success.'

Keynote Speaking

RESET Performance and Take the Stress out of Change

Overwhelmed and stressed right now? You're not alone. These messages are coming from business leaders everywhere lately.

The current environment means even the most successful business owners can struggle under difficult circumstances. Stress has become a public health and productivity black hole. Absenteeism, staff turn-over and (more importantly) presenteeism are costing organisations like yours thousands of dollars in lost productivity every year. But there is hope! A Stress RESET with Luke Mathers will give your team strategies to create an environment for high performance, productivity and focus.

In his keynotes, Luke uses the latest research to make your business more profitable by finding the stress sweet-spot and balancing your team's natural level of cortisol. Finding a healthy stress balance between **motivation and preservation** is the key to unlock increased energy levels, mental clarity, and teamwork. A performance culture thrives by embracing challenges and removing threats. That's where the Stress RESET program differs from other programs. We build the foundations for great human performance via:



LUKE MATHERS **Keynote Speaking**



Luke has been featured in



ELLE

THE HUFFINGTON POST



TALKING lifestyle

Rescu

Daily mail.com

Who

Oh!

Woman's Day

nine.com.au

Herald Sun



LUKE MATHERS Keynote Speaking

Luke will show your audience the power of embracing life's challenges.

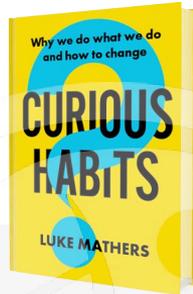
Known for his down to earth yet inspiring style, Luke draws the audience in with relatable stories and evidence-based, actionable strategies that transform how we look at the business of being human.

Luke has helped thousands of people embrace their tribe, contribute with passion, and improve self-awareness. He will do the same at your event. Luke leaves your people with the hope, strategies and motivation to decrease overwhelm, stop burnout and change the areas of their life that need to change.

Transforming an industry is stressful. As one of the original directors of Specsavers Australia, Luke learned first hand that embracing the stress of disruption is the key to success. By resetting how you look at stress and embracing challenges, Luke takes you and your team from frazzled and overwhelmed to focused and aligned.

Books

Luke is a published author of three leading books about embracing stress for personal and business success.

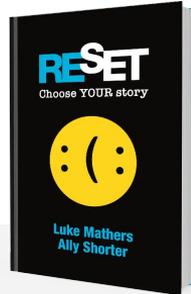


Curious Habits

Why we do what we do and how to change.

Curious Habits draws from the collective wisdom – everything from evolutionary biology and neuroscience to religion, stoic philosophy and Instagram – and looks at habits through the lens of curiosity, not scarcity.

Releasing July 2022



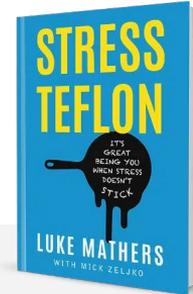
Reset

Choose YOUR Story

RESET is an upstream solution to help young adults improve their self-talk, decrease anxiety and change the stories they are telling themselves.

RESET Anxiety. RESET Stress. RESET your story.

Available Here



Stress Teflon

It's great being you when stress doesn't stick

Do you struggle with stress? Let's be honest, that's most of us. In STRESS TEFLON, Luke Mathers and Mick Zeljko prove that eliminating your stress is not the answer. Instead, by utilising stress as a tool, you will get more out of life and become a better version of yourself.

Available Here

The Topics

We can build a keynote for your specific needs, but these are what many clients are finding the most beneficial for altering mindsets around stress and change.

Reset Stress

Stress is a natural part of being human, short term, it gives you energy and promotes action. Unfortunately, being too stressed for too long kills motivation, ruins focus and decreases performance. What if we could harness the awesome power of stress and get rid of the bad stuff. That's what becoming Stress Teflon is all about.

You'll learn how to:

- Catch your stress triggers and not let them derail your day.
- Stop about things we can't change and change the things we can.
- Swing from fired-up to chilled-out will decrease toxic stress and improve resilience.

In this Keynote we:

- Will improve productivity by having your team switched on and in the right state to perform at their best.
- Discover how to stay present and focus energy where it adds to the bottom line.
- Learn how to recover on purpose and have more energy for all parts of your life.

If stress stops your team from performing at their best, this talk is for them.

Turn stress into a superpower

We are all a bundle of habits; some help and some don't. Using the research from his new book Curious Habits, Luke will give you the tools to upgrade your habits, find more energy and avoid overwhelm.

Procrastination, perfectionism, micromanaging, rumination and using chocolate as a stress reliever are all curious habits. This talk will show you a stress-free way to design your life to ensure performance at work and energy for the things you enjoy.

In this Keynote we:

- Learn why chocolate chip cookies and Pepsi don't help with anxiety.
- Discover how habits form and how to build an environment and systems that increase profit and decrease burn-out.
- Learn how to SWAP habits that suck for ones that rock.

If you like James Clear's Atomic Habits, you'll love getting curious about yours.

Building Stress-free teams

How to unite and stop the flow of stress.

The great resignation is changing how we look at our teams. People don't leave bad jobs; they leave stressed leaders. Stress flows downhill, and with 65% of departing employees going because of their immediate superior, it's time for leaders to get better at stress.

Happy, healthy and engaged people are more innovative, give better service and make more money. So, if you want to unite the crew and eliminate the toxic stress that breaks team bonds, this is the talk for you.

In this Keynote we:

- Eliminate the communication styles that fuel toxic stress.
- Discover how embracing conflict will make the team more united and less stressed.
- Learn why the CARE factor is the secret to team retention

Never has it been more critical for people leaders to manage their stress and that of their teams.

What people are saying about Luke

"Luke provides insights that have taught me how to break down my day-to-day stresses and turn them into a process to not only survive but thrive. I've been able to identify the triggers and develop ways to improve my outcomes in stressful situations."

- Mark W, CBRE

"This talk is great for any business that needs to perform in pressure situations. **Embracing stress is a game-changer for both employee well-being and business success.**"

- Greg Y, Founder Body Science

"The Stress RESET with Luke Mathers has given our team a new appreciation of each other's strengths and has taught us to embrace differences. **Conflict is not as stressful, and our team has been able to "get comfortable with discomfort".**

- Stephen J, City of Gold Coast

"Luke's delivery was engaging and authentic; he was able to draw in personal examples that allowed for lots of aha moments. Thank you, Luke; I now have so many new tools after hearing your talk."

- Vicki B, business owner. Specsavers

"Luke can simplify things and provide clarity and direction on the things that matter. I would highly recommend Luke to anyone looking to improve how their teams deal with stress and change. **He's the man!**"

- Ryan K, Founder RDK Sports

"By showing teachers and kids how stress works and how to get into the right 'state' to perform, Luke provides the tools needed to THRIVE in the pressure of exams and life."

- Mason H, Deputy Head Master Gregory Terrace

Businesses
luke works with





Working with Luke

What you can expect when you work with Luke:

1. Luke is an industry leader and professional that will communicate efficiently and effectively with you and your team.
2. Prior to running an event with your team, Luke will be available for a consultation to best understand your business needs and wants, so he can curate and produce the best experience for your audience.
3. Every event Luke runs is motivating, thought provoking and engaging. He makes sure that you and your audience will leave with actionable tools and life-changing learnings that can be applied immediately.
4. If your event is public, Luke will promote it to his newsletter community, professional network and through social media.

Get in contact with Luke today!

Luke Mathers
Author and Keynote Speaker

It's great being you when stress doesn't stick

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