



Mark McKeon is one of Australia's leading work life balance and team cohesion advocates. Mark presents keynotes and tailored sessions, and along with his team, conduct workshops and conference programs in Lifestyle, Team Building and Leadership.

Mark is Consulting Editor to 'Ultra-Fit' Magazine, both in Australia and the U.K. He also reaches over 1.5 million people monthly through his columns in 'The Age', 'Panorama' and various other publications. His second book, 'Work a Little Less, Live a Little More' has become the bible for work life balance in corporate Australia. Mark is the author of the Healthy Lifestyle book 'Every Day Counts', the first book ever to be endorsed by the Australian Government's Health Promotion arm, 'Active Australia'. Mark's Every Day Counts program has also been ratified by fitness bodies throughout Australia.

Mark was Fitness and Team Building Coach at AFL team Collingwood for fourteen years. Collingwood also outsourced its entire fitness and training function to Mark's team. He acted as Collingwood's Club Runner for the AFL record of more than 250 games. He also worked with Victoria in the State of Origin Series on five occasions. Mark played VFL football for Melbourne and represented Victoria through the VFA. In 1998, at age forty-one, Mark was part of the winning team in the inaugural AFL Triathlon, competing against current players from all teams. In the same year he competed in, and at the same time gave a commentary of, the gruelling British Cross Training Challenge in London. To book life balance and change speaker Mark McKeon call Executive Speakers Bureau 901-754-9404.

Mark McKeon

Speech Topics

- ☐ Time Management
- ☐ Teambuilding
- ☐ Personal Growth
- ☐ Peak Performance
- ☐ Motivation
- ☐ Life Balance



Testimonials

"This is one of the best team building sessions we have been on. It was planned and executed exceptionally well. Excellent!"

- Nestle.

"Fun, relaxed and very worthwhile. Over 95% of attendees rated Mark's session as excellent. Highly recommend Mark for future. Well done"

- BP Bitumen.