



Matt Church



Who is Matt Church?

Matt Church is best described as a scientific humourist, his sessions fit into the categories of motivation and lifestyle. People engage Matt's services to speak at conferences around the world.

Recognised as a specialist on productivity, burnout and passion. His sessions are informative, entertaining and inspirational.

He blends an academic background in applied science and human performance, which he has turned into a study of work live balance so that people can live the lives they deserve.

With increases in antidepressant sales and pressure to do more with less a new paradigm for coping is essential, his sessions address this need.

He is responsible for digesting and teaching the various scientific journals that a small group of dedicated researchers pour through each month. The result is information that is leading edge and grounded in the principles of quality and practicality.

He is the author of the book Adrenaline Junkies and various audio programs including Living Lean, Zest for life, Tips for Tomorrow and the 100 day motivation plan.

Topics: Business, Closing Conference Speaker, Inspiration, Lifestyle, Motivation, Opening Conference Speaker, Personal Development, Stress Management, Work Life Balance

Travels From: New South Wales

Fee Range: \$10,000+GST - \$15,000+GST

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