

NEW FOR 2024 **JAKE BIGGS**
Motivational Wellbeing Speaker
Burnout Prevention Expert



JAKE BIGGS

The biggest competitive advantage within your organisation for the next 2-5 years will reside in your workforce's capability to eradicate employee burnout and catalyse their energy levels, thereby enabling the attainment of your short and long-term business goals and objectives.

Jake Biggs, leading burnout prevention expert shows his clients the formula to eliminate burnout and to catapult your teams energy levels in your workplace to accelerate productivity, efficiency and profitability.



Jake's scientifically proven methodology 'The Energy Factor' incorporates the 4 pillars to optimal health and wellbeing to finally get your workforce's physical and mental health and wellbeing optimised.

Jake's keynote is the medicine that your organisation requires to catapult their energy levels and eliminate burnout for your bottom line to thrive.

KEYNOTE THEMES & KEY TAKEAWAYS

Your Teams Are Burnt Out

Are you seeing your employees everyday mentally and physically exhausted and you know this is blocking your business goals and objectives? It's time to eliminate burnout in your organisation by helping your teams take charge of their nutrition.

“Want to boost your business, you gotta boost their health”.

Work Performance On A Downward Spiral

Are you seeing your team's performance declining? Do you know they're capable of so much more but don't know how to help them rise to new levels? Your team's nutrition choices and ultimate decisions will either turbocharge their cognitive performance or plummet their work performance. Which one would you like for your teams?

“Want optimal performance? Start with optimal nutrition”.

Absenteeism & Sick Leave On The Rise

Are you noticing that your team's attendance is down, your people are often sick and staying home from work? Let's get the energy back into your teams and the profit back into your business by making your employees health and wellbeing a number one priority.

“Start using food as medicine, or very soon you will be using medicine as food”.



KEYNOTE THEMES & KEY TAKEAWAYS

Mental Health & Wellbeing At Rock Bottom

Are you walking into your offices every day and seeing teams that are anxious, depressed, stressed and exhausted? It is essential to have employees that have their mental health and lifestyle optimised, for peak performance in your workplace.

“Make time for your mental health and wellbeing like your life depends on it, because it actually does”.

Your Teams Are Missing All Their Key Performance Indicators

Are your people consistently not quite reaching their best, never quite reaching their goals and objectives? Studies show boosting physical health and wellbeing can have a massive lift in cognitive performance and brain health.

“A healthy mind can only exist with a healthy body”.

Staff Turnover Accelerated

Are you observing a rapid change in your employees' organisational environment? You have lost track of your team's names, as new employees are coming in repeatedly? Management is spending more time training new staff than focusing on their work? Taking care of your team's health and wellbeing is a proven secret recipe to eliminating staff turnover.

“Want to retain your staff forever, it starts and ends with happy, healthy and stress free teams”.



KEYNOTE THEMES & KEY TAKEAWAYS

High Energy Levels Absent In Your Business

Are your teams complaining to you that they are barely getting through the working days? They are exhausted, depleted and drained? It's time to investigate your team's sleep habits to create endless amounts of energy in your organisation.

“Want to restore their energy levels, lets replenish their sleep”.

Creativity At An All Time Low

Is your team currently lacking the creative spark needed to propel them towards innovation? Do you find your teams in need of fresh, inventive solutions, only to witness your team repeatedly operating at a slower pace, seemingly stuck in a rut?

“Would you fill your Premium car up with E10 fuel?”.

Team Collaboration Non-Existent

Are you seeing that teamwork in your business is nowhere to be seen? You're struggling to find how to get your employees working together collaboratively, but you know it just has to happen. Promoting wellbeing activities in your workplace will drive team collaboration to levels never seen before.

“Happiness, laughter and wellbeing, the perfect natural intervention for team harmony”.



“Highly recommend Jake as a keynote speaker. His story is incredible and our audience loved his keynote”.

- NSW POLICE -



BOOK JAKE BIGGS AS YOUR KEYNOTE SPEAKER

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