

MAL JONES SPEAKER KIT

Serving Entrepreneur & Business Professional Audiences Globally

“ My goal is to Inspire, Motivate & Teach your audience, simple, yet profound habits to Mastering Stress, becoming Happier & Healthier and to achieving their desired Career Success; in other words, to Win at Work AND Win at Life. ”

Mal Jones

“ An Awesome talk, I laughed, I cried, and it opened my mind... it was personal, and it inspired me... it was actionable and provided pragmatic ways to make my lifestyle Happier & Healthier! ”

Ingrid N (Microsoft)



WHAT PROBLEM DO I SOLVE FOR YOUR AUDIENCE?

I believe your audience has a problem; how to successfully manage the stress of their careers and personal lives'. Most are aware of the problem, however, searching in a sea of contradictory information makes it difficult to find simple solutions, that not only work, but also can easily be integrated into their busy lives! Would you like to provide your audience with simple, yet profound, science backed solutions to this problem at your upcoming event? Stress is one of your audience's greatest challenges, not dealing with it effectively can result in significant health issues, broken relationships, and difficulty achieving long term career success; it's a Lose-Lose-Lose for Employers, Employees AND their Families & broader Communities!

My 'Win at Work, Win at Life' Signature talk, will not only inspire your audience through the sharing of my personal story, but more importantly, teach them simple, yet profound, daily habits that will kick start their journey to mastering stress, becoming happier, healthier and achieving the career success they desire. In addition, many of the habits I share lead to a state of 'flow', i.e. eliminate the 'noise' in our brains, which leads to a significant increase in creativity and problem solving! A true Win-Win-Win for Employers, Employees AND their families & broader Communities!

Better still, your audience will begin to experience real benefits by the time they leave your event or meeting; my talk has an immediate impact and they will be forever grateful to you!

HOW DO I SOLVE THIS PROBLEM FOR YOUR AUDIENCE?



My 'Win at Work, Win at Life' Signature talk will teach your audience the habits that will lead them to truly mastering stress, becoming happier, healthier **AND** achieving the career success they desire. The talk will not only be memorable but will make a significant difference in their lives, as well as for their business's, their families and their broader communities. I believe that would that be a great win for you and your event/meeting!



With 3-5-minute opening and closing sessions, the remainder of the time is spent on the 3 key areas of content; Stress 101, Nutrition & Exercise 101, & Mindset 101: I also start all talks with a relaxation / focus exercise (90 secs).

Stress 101

What is it? How does it affect our minds & bodies? Specific Tools / Habits to master it.

“When we understand the What & Why, the How becomes way more powerful”

Mal Jones

Nutrition & Exercise 101

I simplify the sea of information and misinformation down to a few basic guidelines, that can easily be followed at home, at the office, or on the road.

“The right fuel is water on the fire of stress, the wrong fuel is gasoline”

Mal Jones

Mindset 101

Altering our Mindset has profound effects on our experiences, doing so is easy with the correct tools and techniques.

“Let's change the story we tell ourselves”

Mal Jones



The closing summarizes specific, simple, & immediately actionable daily habits that can be implemented right away.



Unfortunately, they don't teach us this stuff at school, but it may be some of the most important skills we learn. If you invite me to speak at your event or meeting, you will be remembered as the hero who introduced your audience to the key habits that allowed them to master stress, become happier, healthier and more successful.

NOTE 1: The opening / closing remain constant the content area is flexible depending on the time available.

NOTE 2: If you deem appropriate, a Q&A session CAN be incorporated at the end.

WHAT QUALIFIES ME TO SPEAK TO YOUR AUDIENCE?



Firstly, stressed & unhealthy, that was me! Luckily, I stopped, and I spent 6+ years researching and studying to identify solutions that allowed me transform my life & health through mastering stress.



Secondly, after a 30+ year career as a Business Professional & Entrepreneur, having started 6 companies, raised VC funding, sold several business's and having held leadership roles in several Fortune 100 companies, I have truly walked, and continue to walk, in your audience's shoes.



Finally, as an Engineering & Business graduate, who more recently became a Personal Trainer, Nutrition Adviser, Meditation, Breath-work, and Executive Coach, I believe I bring a unique, relevant & credible perspective

What is my speaking style?

My style is raw and from the heart, yet humorous; an immediately impactful & memorable combination; My goal is to be motivational, inspirational, educational and deeply insightful. By sharing my own personal transformation story, I clearly outline simple, yet profound, immediately actionable habits your audience can implement today, in order to master stress, get happier, healthier and achieve their desired career success. They will leave this talk highly motivated to take immediate & clear action!

Why I do what I do?

I truly believe, that when your audience learns the habits to mastering stress, they will not only become happier, healthier & achieve greater career success, they will become better Moms & Dads, Sons & Daughters, Husbands & Wives, Brothers & Sisters, Employers & Employees, and highly contributing members of their broader communities. A true gift!

Testimonials?

“The content was thorough and well-presented, with its delivery easy to follow”

Mark F

“I really appreciated how Mal shared his own personal experiences... I think this element made the experience more relatable”

Kat S

“A well organized and prepared presentation by an amiable instructor”

Fred de' H

“It was powerful because it was grounded so much on your personal experiences...the nutrition portion was really interesting, so much that I found myself vigorously looking for organic food over the weekend!”

DJ Lee

“The lessons Mal shared convinced me to adopt 2 new daily habits to address stress and inflammation in my body, these habits are steadily helping me shake off the stress exacerbated symptoms of my autoimmune disease... Now THAT'S saying something”

Scott A

In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers

**Fred
Rogers**

MAL JONES

WIN AT WORK,
WIN AT LIFE



MAL'S MISSION

"To coach Entrepreneurs & Business Professionals to master stress, become happier & healthier **AND** achieve career success; in other words, to Win at Work AND Win at Life!"



MAL'S SAMPLE TALK TITLES

'Win at Work, Win at Life'
'Mastering Stress to unlock Success'
'8 Daily Habits to Mastering Stress'



Key Links:

- [Mal's LinkedIn Profile](#)
- [Mal's Facebook Page](#)
- [Mal's Website](#)
- [Read Mal's Inspiring Story](#)



CONTACT MAL

- +1 206-484-5029
- mal@winatworkwinatlife.com
- www.winatworkwinatlife.com

SCAN FOR MY
SPEAKER WEBPAGE



An Important Fact To Know About Me!

After a 'successful' 30+ year career as an Entrepreneur and Business Leader, the negative effects of stress took my health and personal life to the brink! This led me on a 6-year quest for answers. I now start every day, deeply passionate & highly motivated to share what I have learned with as many people as I can. My goal is simple, all who hear me speak will be highly motivated to adopt simple, yet profound habits, that will allow them to 'Win at Work and Win at Life!'



Key Audiences I Speak Too

I love to speak at both offline, (Conferences, Corp Meetings & Events, Business, Professional or Entrepreneur Groups or Associations, co-working and incubation spaces etc.) and online, (Podcast's, Webinars, online meetings & events etc.), whose audiences consist of existing, or up and coming, Entrepreneurs & Business Professionals.



Customization, Timing & Pricing

Customization

Talks can be customized to integrate your specific messages.

Timing

My Signature 'Win at Work, Win at Life' talk can be delivered in 15 – 45-minute versions, the key variable is the core content, the more time, the more detail we can dive into. (Optimal is 35 mins + 10 min Q&A):

Pricing

Speaker Fee is negotiable... I am here to serve your audience. Travel expenses / time are charged at cost.

Together We Can Make A Greater Difference!



The work you do everyday is extremely important! You provide your audience with valuable information to improve their professional and personal lives; you have an impact every single day; I thank you for that! The work I do is both my passion and my life's purpose, and it would be a great honor for me to be given the opportunity to speak to your audience. Together, I truly believe, we can make an even greater difference in the lives of your audience!"

Mal Jones