

MATT RUNNALLS

SPEAKER PACKET

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WHAT PEOPLE SAY

“TO SAY THE CROWD WAS CAPTIVATED IS AN UNDERSTATEMENT. MATT’S HONESTY AND ABILITY TO ARTICULATE THE COMPLEXITIES OF BATTLING A MENTAL ILLNESS AND BRAIN PAIN WAS BRILLIANT.”



TESTIMONIALS

MEET MATT



Matt Runnalls is a dedicated mental health advocate on a mission to foster awareness, acceptance, education, and connection within communities to combat the global stigma surrounding mental health and suicide.

Drawing from his own lived experiences and the heartbreaking loss of friends, Matt strives to create open platforms for communication, encouraging and supporting individuals and communities to address and manage their well-being. In 2016, fuelled by the rediscovery of hope and kindness, Matt embarked on a purpose driven journey and founded Mindfull Aus at the age of 24.

As a full-time advocate, he has delivered over 1400 speeches, keynotes, workshops, and events across Australia, Canada, and the United States. Matt's impactful presence extends to global forums, where he has facilitated for leading mind and behavioural health organisations, conferences, and bodies.

A perpetual learner, Matt has studied under renowned experts such as Wim Hof, Tony Robbins, Simon Sinek, Dr. Brené Brown, Tom Bilyeau, Deepak Chopra, and Kevin Hines. He holds certifications in Neuro-Linguistic Programming (NLP), Breathwork & Meditation, Sciences of Wellbeing, Intro to Psychology & Counselling, Emotional Intelligence, and Quantum Learning, with alumni status at California State University.

As a change agent, leader, award-winning International Speaker & Best-Selling Author of *Nobody Can Save Me*, Matt Runnalls stands as one of Australia's most sought-after and reputable voices in mental health and wellness.

His compelling personal story, coupled with practical tools and strategies from world-renowned thought-leaders, equips him to present a diverse range of lifestyle practices and mindsets that propel individuals towards true well-being and an unstoppable future.

Matt's commitment to shattering the silence surrounding mental health makes him an influential figure and a catalyst for positive change on a global scale.



AWARD WINNING ADVOCATE

THE SCARS THAT HOLD A LIFETIME OF VALUABLE LESSONS



ADVERSE RANGE OF SPEAKING HISTORY

- 2015- CBA Property Group, Victoria, AUS
- 2018- Queensland Police Force, Qld, AUS
- 2016- Glen Waverly Primary School, Victoria, AUS
- 2017- Bert Nash Community Mental Health Center -Kansas, USA
- 2017- Red Deer County- Alberta, Canada
- 2018- Nate Chute Foundation - Whitefish Montana, USA
- 2019- Scope Disability Services, Victoria, AUS
- 2019- AGL Energy, Adelaide, SA
- 2019- Diageo, Sydney, AUS
- 2019- California State University, Long Beach, USA
- 2019- Guinness World Record Attempt, Adelaide, SA
- 2018- University California Santa Barbara Mental Health Conference, USA
- 2018- Foyer Foundation National Conference ,WA- AUS
- 2018- American Association of Suicidology National Conference ,Washington DC, USA
- 2018- Anglo American Mining Org, Moranbah, QLD
- 2018- National Conference of Youth Housing- WA, AUS
- 2019- Porter Davis Construction Conference, Melbourne,
- 2019- Lululemon, Melbourne, AUS

- 2020-Youth Leadership Conference, Melbourne, AUS
- 2022- RipCurl Australia & New Zealand
- 2020- Nike Area Store Managers - Melbourne, VIC
- 2022- Kraft & Heinz - Sydney, NSW

AWARDS

- FINALIST 2021 AUSTRALIAN OF THE YEAR NOMINEE**
- 2021 WESTFIELD COMMUNITY HERO AWARD**
- 2020 AUSTRALIA'S BEST MENS SPEAKER FINALIST**
- 2019 VICTORIAN LEADERSHIP & INNOVATION AWARD FINALIST**
- 2020 ABC TRAILBLAZER AWARD**
- 2020 SAWARD DAWSON COMMUNITY SERVICE & SOCIAL IMPACT FINALIST**
- 2020 VIC MENS HEALTH AWARD FINALIST**
- 2020 VICTORIAN LEADERSHIP & INNOVATION AWARD FINALIST**
- 2021 WESTFIELD COMMUNITY HERO AWARD**
- #1 AMAZON BEST SELLING AUTHOR - NOBODY CAN SAVE ME**



Speaker training with global keynote speaker and award-winning advocate - Matt Runnalls and special guests

“His ability to speak from the heart so engaging and so well articulated. The way he interacts with the crowd and moves around is incredible to watch. Matt just genuinely cares.”

“To say the crowd was captivated is an understatement. Matt honesty and ability to articulate the complexities of battling and mental illness and brain pain was brilliant.”

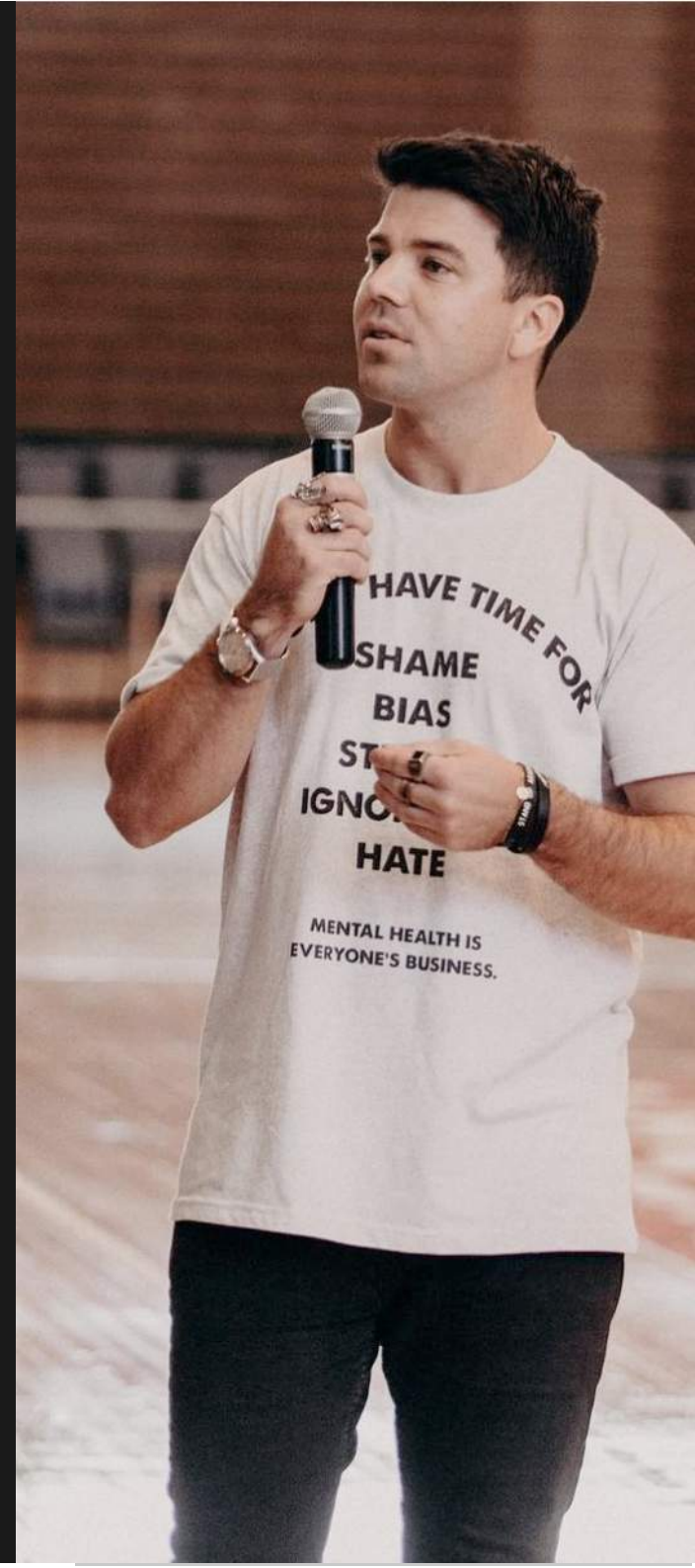
“He can reach out to a community and bring it together like nothing else I have ever seen if you ever get the chance to listen to this incredible man don't miss it!”

“He is by far the best speaker on mental health I have had the privilege to hear. The way you speak to a crowd with complete honesty holds the room so well and keeps people engaged. Either for One do not want to talk to end I thought it was fantastic.”

A **heart space** speaking and storytelling retreat

LIVED EXPERIENCE STORYTELLING | WWW.MATTRUNNALLS.COM.AU

SPEAKING
TRAINING



A FRESH APPROACH

RAISING GREAT KIDS FROM THE PERSPECTIVE OF DAD & KID



A CHILD'S LIFE SHOULD BE GOOD, NOT EASY.

In our interactive and informative parent sessions, we will explore various aspects of nurturing your child's emotional, social, and mental health.

Our expert facilitators will share valuable strategies and insights on promoting resilience, managing stress, fostering positive relationships, and cultivating a supportive environment for your child's overall wellbeing .

Gain practical tools and techniques to enhance your parenting skills and create a thriving atmosphere at home. Together, let's empower our children to navigate life's challenges with confidence and lead happy, healthy lives.

Don't miss out on this opportunity to connect, learn, and grow as parents!

OVERVIEW

- * Being aware of your children's emotions
- * Seeing emotions as an opportunity for connection and education
- * Listening and validating each emotion and feeling
- * Labelling our emotion with purposeful colours and language
- * Helping your children problem solve with limitations and no bubble wrap
- * Our beautiful brain and the 3 easily understandable ways for kids to understand it
- * Conflict in the household, the pro's and con's
- * Technology and devices -the association.
- * Being the parent the kids need, with all the challenges.
- * Presence and the importance of connection
- * Boundaries and how to keep accountable.
- * Closing the open loops, don't ignore the kids.
- * The 5 core emotions in the human face
- * Ways to communicate so children will listen and listen so children will communicate for effective wellbeing

STAFF PROFESSIONAL DEVELOPMENT

WITH MATT RUNNALLS

CEO & founder of Mindfull Aus

Global award winning advocate & speaker

Best selling author - Nobody can save me

- An insight into a lived experience with grief, mental illness and homelessness.
- Holding space for meaningful conversation.
- Our mental health continuum and how we slide up the end of health.
- Having challenging conversations in a way that grows respect and trust.
- Strategies for better self-care and time management
- Understand mind & behavioural health.
- Building deeper connection and chemistry with our colleagues.
- Self-Care and how to incorporate more skills in to your arsenal.



FIRST

RESPONDERS

To listen to lived experience from Matt was a fantastic insight for our officers. Matt's message was inspiring and importantly encouraged our officers to consider and look after their own mental health and well being and that of their colleagues.

As first responders it is vital that we do this and Matt's story will help break down the stigma of mental health and the fear of admitting you are struggling. Our officers are already talking about the message Matt brought and through this breaking down the barriers around talking about and acknowledging our own mental health and well being in the work place. Thank you Matt.

Queensland Police Force - Australia

Topics covered for first responders

- * Signs to look for in conversation
- * Choices around empathy, apathy & sympathy.
- * How to provide comfort in distress
- * Valuing conversation- talking so people will listen and listen so people will talk.
- * Looking out for colleagues
- * Having challenging conversations in a way that grows respect and trust.
- * Strategies for better self-care and time management
- * Understand mind & behavioural health.
- * Building deeper connection and chemistry with our colleagues.
- * Self- Care and how to incorporate more skills in to your arsenal.



CHANGE YOUR WORLD

TESTIMONIALS

"I've seen a lot of speakers and been involved in many confronting and unique development situations and that was hands down the best facilitation I've witnessed and experience I've been involved in, you're exceptional at what you do"

Jaymee Sincock (Manager - Lululemon)

"Where to begin. Matt Runnalls is a personal hero of mine. He's also one of my greatest friends. Matt gives his absolute all in everything he does professionally, mentally, spiritually, and mindfully. He's given a lot to me personally, and has helped fuel a drive to thrive in me like none other.

He's the founder and creator of Mindfull Aus, all about being mindful of those with a mind full. Matt's passion and dedication to giving back is otherwise uncharted. This young man goes above and beyond in every aspect of his life, existence, and through his passion to change not only the lives of great Australians, but those who follow him around the globe.

His work ethic is impeccable, and his drive to help people find hope is absolutely breathtakingly powerful. I highly recommend Matt for your gala, school, or event. His message will change the lives of every single attendee you have."

Kevin Hines

Award Winning Public Speaker, Advocate, filmmaker, Author

"I have recently had the opportunity to talk with Matt about mindfulness. I have worked in the mental health field for a long time and I was so impressed that a person so young could be so wise.

He has lots to say, much that could be life changing and certainly save lives. He is compassionate, empathetic, caring, kind, energetic, motivated, goal oriented, and he is changing dark into light for those that listen to him.

Keep an eye on Matt. Read his writings. He will brighten your day. He is worth listening to and I believe he is one that will help change this world. Much success to you my friend!!"

CLINICIANS & PROFESSIONALS

"My life changed today as I had the blessed opportunity to meet Matt. He is an inspirational person, a great soul, and someone who was willing to listen to my story even though he had never met me before. Matt you are a beautiful person! I HIGHLY recommend Matt and all of the work he is doing."

SOCIAL WORKERS

"I have had two recent losses in my family to Suicide and being able to access the support, the education and the message that Mindfull offers and Matt stands for has helped not only me but also my whole family through our process of grief and acceptance.

I highly recommend anyone who is feeling a sense of helplessness, or the overwhelming loss of hope to attend a forum or link to Mindfull Aus and see for yourself the benefits of this amazing organisation."

FAMILY BEREAVEMENT

"I had the pleasure of hearing Matt Runnalls founder of Mindfull Aus speak at my foundations launch event. To say the crowd was captivated is an understatement.

Matt's honesty and ability to articulate the complexities of battling a mental illness and brain pain was brilliant. Every single person was moved and most importantly educated about what it is we can do for someone or ourselves whom maybe struggling.

I can not recommend Matt enough. Matt is the epitome of inner strength and inspiration."

CHARITABLE ORGANISATIONS

"Matt, you are amazing. In Australia and now here in USA. I was lucky enough to hear you speak tonight and share a message of a life worth living. I am a Suicide loss survivor and im forever grateful for the way in which you share your journey. Thanks again for blessing my community".

COMMUNITY MEMBERS

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EMERGENCY SERVICES

REFERENCES

Heather Yelland

admin@elevationcompany.com.au
Director - The Elevation Company and Advisory Psychologist to Mindfull Aus

Steven Browning

steve@thestrategyinstitute.net.au
Director - The Strategy Institute - Mentor & Friend

TESTIMONIALS



What an amazing man. I have never been more engaged at a PD. I was literally hanging on his every word. Matt has selflessly shared his life experiences with us so that we can help ourselves and others. My thanks to Matt for helping me see the importance of asking the right questions. I have a son whose life has been parallel to Matt's in many ways.

As soon as Matt finished talking to us the first thing I did was phone my son and tell him about Matt. We organised to meet the following night and after 3 hours of real honest heart to heart sharing I felt like I had finally reached him. Every parent needs to listen to this young man. His advice is so practical and personal. His language is plain and simple and he reaches the heart.

CLASSROOM TEACHER
Roxburgh Park Primary School

CONTACT

MATT

LET'S TALK

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