



Keynotes | Workshops | Facilitation | Board Retreats | Offsites | Executive Coaching

Marcus Pearce believes niching your business or career is essential, but niching your life is disastrous.

Originally a journalist by profession, Marcus created the Exceptional Life Blueprint in 2014 - a research-based framework dedicated to helping humanity rise from mediocre to magnificent in each area of life (and not just one).

Marcus is also CEO of Australia's #1 health and lifestyle podcast network The Wellness Couch (over 5 million downloads and counting) and is the host of two podcasts - 100 Not Out & Your Exceptional Life.

Marcus lives in the Byron Shire with his wife Sarah and three children Maya, Darby & Tommy.



All enquiries to hello@marcuspearce.com.au



WHAT PEOPLE ARE SAYING

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Through his online programs, podcasts, live events and retreats as well as in depth 1:1 mentoring, Marcus helps others get CLARITY and FULFILMENT in their career; MASTER their relationships; RISE to exceptional in their health, wealth and productivity, and write the script to make the REST of their life the BEST of their life!

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"Marcus - I so much enjoyed your direct, non-judgemental presentation. I loved the interaction, chance to reflect on areas of my life that often get lost in the day to day activities. A lovely down to earth, entertaining approach." - Pam M

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*"We engaged Marcus for our annual Go Vita Conference in 2016. His passion for what he does and ability to engage his audience, together with his total commitment to the task at hand have ensured that we've engaged his services again for this year's 25th Annual Conference!"
- Ann Cattelan*

Marketing Manager, Go Vita Distributors

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"I loved how enthusiastic and approachable and down to earth Marcus was. I loved how I was able to get involved to work on my own steps relevant to my own life, rather than just being spoken to." - Brooke M



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ENGAGE WITH MARCUS

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Here are Marcus's most popular topics:

Your Exceptional 8 (Productivity)

Learn the 3-step process to quickly eliminate overwhelm, create massive clarity and regain the confidence that any project or outcome can be achieved with enough attention to detail and the right inspiration.

8 Mantras For An Exceptional Life (Improving Self-Talk, Internal Dialogue)

Learn and apply the 8 Mediocre Mantras (which are rife in the workplace) and their opposites (which most leaders could only wish their teams would employ).

Creating Your Exceptional Day (Morning & Evening Rituals)

Often management isn't aware of the mental and emotional health of team members until it's too late. Learn these rituals to create more personal fulfilment and a more engaged and energised team.

The Mediocre Legacy (Paradigms & Mindset)

Sadly some of the most marvellous human beings have tolerated mediocrity in one or more areas of life and paid a devastating price. This presentation is geared towards senior management as a wake-up call to maintain high standards in each area of life.

Your Example Is Your Culture (Mindset)

The message here? Instead of pointing the figure at others (in your family, workplace or community), improve your culture by taking 100% responsibility for your behaviour.

Mediocre To Magnificent:

The 8 Essentials To Create Your Exceptional Life (Foundations)

Become aware of the recipe for an exceptional life, paying close attention to the order in which the 8 ingredients are applied. Most people put the ingredients in the wrong order and pay the ultimate price.



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Small groups or large audiences, if there's one thing for sure, Marcus is not shy. Whether you need your team of 10, department of 150 or staff of 1-20,000, Marcus's presentation style is incredibly personable and flexible. And most importantly, he gets results.



Watch Marcus's showreel [here](#).



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TIMELINE

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- **1999 – 2006:** Sports Media Career includes time at Sport 927, SEN 1116 as Producer of The Run Home, Associate Producer at The Footy Show (AFL), Allan Border Medal & 2006 Commonwealth Games.
- **2006-07:** 18 months in Europe, most of it spent living in a thatched cottage on 100 acres in County Donegal, Ireland, managing a health and wellness centre with wife Sarah.
- **2008:** Transition from sports media to health, wellness and personal growth media begins. Creates Pure Wisdom International, a company dedicated to helping people make the rest of their life the best of their life. Moves to South Gippsland in Victoria to set up Pure Wisdom Chiropractic & Lifestyle.
- **2012:** Creates the podcast 100 Not Out: Mastering The Art Of Ageing Well. Joins The Wellness Couch podcast network as CEO and helps bring podcasts to life by running The Wellness Summit 2-day event (most recently in 2016 at MCEC for 1000 people). Grows the network from 3 podcasts to 20+ with annual downloads exceeding 1.5 million (as of 2017).
- **2014 :** Moves to Byron Bay and sets up the Exceptional Life Blueprint - an 8-step framework to help humanity rise from mediocre to magnificent in each area of life. Teaches the ELB to public and corporate audiences through an online program, live events, keynote presentations and mastermind retreats.
- **2016:** Runs the first 100 Not Out Longevity Experience on the Greek island of Ikaria (known as the island where people forget to die).



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PODCASTS

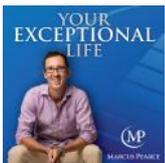
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Marcus is the CEO of The Wellness Couch - Australia's #1 health and wellness podcast network with over 5 million downloads and counting across more than 20 different shows. Marcus is the host of two podcasts - 100 Not Out: Mastering The Art of Ageing Well & Your Exceptional Life. For 88 episodes he also co-hosted Inside The Champion's Mind.

Here are some of Marcus's most popular podcasts



Dr John Demartini: Inspired Ageing
An Interview with Tommy Hafey: If it is to be it is up to me
Sleep, Naps, Rest & Meditation



The Pressure To Be Happy
Hacking Your Productivity
3 Essentials to an Exceptional Life
Making Big Decisions



Creating your perfect day
Becoming a Leader
Exceptional Time & Life Management
Jamie Oliver, Ikaria & Greek Dancing with Thea Parikos



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