

THE ULTIMATE
**SERIOUSLY
FUNNY
WELLBEING**
KEYNOTE SPEAKING PACKAGE



Managing Energy, Not Time, is the Key to High Performance & Being Fully Engaged In Life

The Corporate Imposter - Homer Papantonio

Under the guise of 'Total Wellbeing Expert & Sports Psychologist to the Stars - Dr. Paulo Maestro



This tailored keynote covers in a highly entertaining and topical fashion why performance, health and happiness are grounded in the skillful management of energy. Virtually every one of our thoughts, emotions and behaviors has an energy consequence, for better or for worse. "The ultimate measure of our lives is not how much time we spend on the planet, but rather how much energy we invest in the time that we have." This Total Wellbeing session also encompasses areas such as: confidence in embracing change, realistic optimism in and out of "work", avoiding constant self-blame, the importance of serious fun and humour in the workplace as well as cultivating positive self image and self esteem.

Homer is one of Australia's highest rated and most experienced professional speakers.

He has formal qualifications in Leadership, Recreation, Physical Education, Psychology, Work and Play ...as a playful competitive cyclist and fitness advocate Homer's character(s) can speak with "authority" on how all of us as leaders can "lifestyle engineer" our lives.

"You are the complete package ...it is the second time we have had you and your unique presentations provide a blend of entertaining comedy which camouflages insightful and pertinent messages. Your comedic performances are brilliant"

**Australian Olympic Swimming Team
National Training Camp**

5 Key Takeaways **The Corporate Impostor - Homer Papantonio**

- 01 Managing Energy for Success** - Success relies on balancing four energy types: physical, emotional, mental, and spiritual. Physical energy fuels the rest, while emotional, mental, and spiritual energies grow through confidence, creativity, integrity, and recovery. Treat energy like a muscle—push, rest, and build capacity for a thriving life.
- 02 Good Habits, Great Energy** - Healthy habits like quality sleep, exercise, hydration, and positivity sustain your energy, while poor habits deplete it. By adopting intentional routines, you can keep all four energy levels strong and ready to fuel your goals.
- 03 Work in Sprints, Not Marathons** - Life isn't about nonstop effort. Working in focused bursts with regular breaks restores your energy and helps you achieve more. Like a car needing fuel, you must recharge all energy dimensions to stay productive and balanced.
- 04 The Power of Playfulness** - Playfulness reduces stress, enhances creativity, and strengthens relationships. By embracing joy and light-heartedness, you foster well-being and navigate life with greater ease and positivity.
- 05 Humor for Health** - Laughter is a powerful tool for well-being, improving mood, reducing stress, and boosting positivity. Whether through comedy or finding joy in small moments, humor brings lightness and resilience to everyday life.



The Heart of Total Wellbeing & Performance

Dr. Ross Walker

Dr. Walker is Australia's most affable celebrity cardiologist.



Appearing regularly on The Today Show, A Current Affair and having his own National Radio Show, Healthy Living on the Nine Network, Ross is a best-selling wellbeing author with a true passion for people and health. Dr Walker is also widely recognised as one of the worlds foremost keynote presenters and life coaches with the unique ability to draw clear parallels between great health and great performance.

As a practicing cardiologist with 45 years of medical experience, Dr Walker is the quintessential geek for everything relating to aging, nutrition, supplements, health and human performance.

In this spellbinding wellness and performance keynote, Dr Walker debunks the myths and hype of modern health and gives people the facts they need to experience total health and execute optimum performance.

"An outstanding presenter in every which way. Dr Walker is articulate, intelligent and humorous with great visuals to support presentation"

Blackmores

5 Key Takeaways Dr. Ross Walker

- 01 Quit All Addictions** - You cannot be healthy and smoke, you cannot be healthy and drink too much alcohol, and you cannot be healthy and use any illegal drugs.
- 02 Cultivate a Good Quality Sleep Habit** - The quality of your day very much depends on the quality of your sleep the night before. We spend a third of our life sleeping, it has to be something very important.
- 03 Nutrition** - If you can kill it and eat it straight away or grow it in your backyard it is good for you and after that all bets are off. The simplest summary of good eating is to eat less and eat more naturally.
- 04 Exercise** - The Walker suggested dose of exercise is 3-5 hours per week of exercise that makes you hot and somewhat shot of breath. In between times try to move as much as possible. Prolonged sitting is extremely bad for your health.
- 05 Happiness** - The best drug on the planet is happiness. In each moment cultivate the attitude. I choose peace over this; I am not going to give you the power to cause my heart attack and, most importantly, develop a service mentality. Live through each moment with the attitude "how may I serve" rather than what's in it for me.

SESSION 3

KEYNOTE DURATION: UP TO 70MINS



Q&A: Seriously Funny Wellbeing Facilitation Session

Homer Papantonio, Dr. Ross Walker

Sit down Question and Answer session/audience participation covering topics such as mental, physical, emotional health featuring Dr Ross Walker and Homer Papantonio (facilitator).



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Booking Enquiries

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