

THE ULTIMATE
**SERIOUSLY
FUNNY**

COMMUNITY WELLBEING SHOW



The Science of Sleep, Recovery & Sustainable High Performance.

Dr. Jemma King PhD.
Leading Sleep & Human Performance Expert



Dr Jemma King is widely regarded as one of the world's leading authorities on sleep – as well as a leading expert in stress, recovery and human performance.

Which makes her ideally qualified to explain why most of us are exhausted, stressed, making questionable decisions and somehow believe that “catching up on sleep” is a legitimate weekend strategy. With a PhD in Human Behaviour, Jemma has worked with Olympic athletes, Special Forces, the Australian Defence Force, senior executives and some of the

world's leading organisations. She is a Fellow at the University of Queensland School of Psychology and the author of *Sleep First*, a bestselling book that explains why sleep is not a luxury, a reward or something we can simply “catch up on” after years of abusing it. She has also been a model, managed a nightclub in Moscow and worked as a stunt double in *Police Academy 7* – so clearly, she understands both peak human performance and the importance of surviving the night shift.

6 Key Takeaways Dr. Jemma King

- 01 Sleep is not laziness** – it's maintenance for the brain. You wouldn't expect your phone to run on 3% battery, yet many of us expect to make good decisions on four hours of sleep.
- 02 Stress can sharpen performance** – until it becomes your permanent operating system. A little pressure can help; living as though you're being chased by a tiger every day is less helpful.
- 03 Recovery is not weakness.** Even Olympic athletes, Special Forces personnel and CEOs need to recharge. Your body is not a rechargeable battery simply because you keep pretending it is.
- 04 Your body affects your brain.** Fatigue, chronic stress and poor recovery can quietly sabotage your focus, judgement, emotional control and decision-making.
- 05 High performance is about sustainability.** The goal is not to operate at maximum speed forever – it is knowing when to push, when to pause and how to come back stronger.
- 05 Leaders bring their biology to work.** Your emotional state affects the people around you, which means self-awareness, emotional intelligence and psychological safety are not soft concepts – they are essential ingredients of high-performing teams.



SESSION 2

KEYNOTE DURATION: UP TO 45MINS

Forged on Kokoda: Leadership, Resilience & Human Performance Under Pressure

Aidan Grimes

Introducing our Master of Ceremonies and Opening Keynote Speaker - The Kokoda Kid - Aidan Grimes

Aidan Grimes is a passionate philanthropist, historian, sports scientist, physiologist, psychotherapist and mediocre Irish humorist.

Aidan has led more groups across the Kokoda Track than any other "nutter" in the world. And he is still doing it!

In a Seriously Funny Way Aidan speaks on pretty much what is important to everyone living in regional communities - Aidan believes everyone is a leader in their own lives, families and businesses.



6 Key Takeaways Aidan Grimes

01

Leadership, Performance and Harmony

- Building harmonious families & teams
- Creating strong culture, trust, and connection
- Translating military and Kokoda lessons of resilience and survival into family and business
- Practical leadership frameworks for real-world environments

02

Resilience & Adversity

- Thriving under pressure and uncertainty
- Lessons from extreme environments (Kokoda Track)
- Developing mental toughness and adaptability
- "Forged in fire" style resilience training

03

Mental Fitness & Wellbeing

- Preventing burnout in high performers
- Daily habits for clarity, energy, and emotional strength
- Understanding the mental health cost of success
- Building sustainable performance systems

04

Culture & Psychological Safety

- Creating workplaces & families where people feel safe to speak up
- Improving communication, feedback, and trust
- Addressing the "invisible load" in teams
- Embedding wellbeing into performance culture

05

Personal Growth & Mindset

- Breaking limiting beliefs
- Using challenge and discomfort as growth drivers
- Unlocking human potential through shared purpose
- Endurance psychology and transformation

06

Historical & Kokoda-Based Insights

- Leadership lessons from Kokoda campaign history
- Themes of sacrifice, service, and legacy
- Applying historical perspective to modern leadership challenges

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' - D. Tony Valenti



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.

"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 5

KEYNOTE DURATION: UP TO 45MINS



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, Russell White and Homer Papantonio (facilitator).



THE ULTIMATE **SERIOUSLY FUNNY** COMMUNITY WELLBEING SHOW

Booking Enquiries

Contact

Homer Papantonio
homer@corporateimpostors.com.au
+61 (0)418 158 119

If you would like to know more about our podcast:

 www.seriouslyfunnywellbeing.com

   Search: Seriously Funny Wellbeing Podcast