



DR JOHN TICKELL - SPEAKING TOPICS

Put the life back in your business

The culture is changing. Successful companies are enhancing the bottom line not by asking for more hours from their people but for more life in their people. To be truly successful, we need to learn the art of juggling business, family and personal well-being. Dr Tickell's wisdom about the balance in life is a strong message that most certainly reaps rewards.

The Stress of Success

Successful, busy people are under enormous pressure today to perform in the business world and beyond. Dr John changes perceptions with simple tips on how to develop winning self management skills and break the stress cycle for a healthier, successful and more fulfilling business and personal life.

A passion for living

Dramatically improve your every day life by implementing the ace program (activity skills, coping skills, eating your way to success). Learn to love pressure and heed the warning signs of the dangerous decade. Enhance your work ethic and attitude to life.

Laughter, sex, vegetables and fish

Dr John's prescription for improving the way you live and think under pressure. A humorous title for the fun loving and a look at the lighter side of the stress cycle. Find out how the ISA factor (in side aggression) can control your life - if you let it. Is technology improving or threatening the way you live?

Live Younger, Live Better, Live Longer

Dr John Tickell has been searching for (and found) the answer to life and the fountain of youth! No longer do genetics need to play the major part in your life. Dr John discusses the culture and habits of the longest living races of people in the world and how you can apply these principles to enhance your life.

Champions and the Others - what's the difference?

From 'golf and life' - the book co-authored with Jack Nicklaus - Dr Tickell teaches the four principles of greatness in his lessons on how people, whatever their field of endeavour, can consistently climb to the top of the mountain. An excellent topic for conferences and an absolute must for corporate golf days - before or after the round.