

Leadership Performance Workshops & Coaching



Improve performance, strengthen retention, and support sustainable productivity.

About



After delivering close to 1,000+ talks and working with leaders across different industries, one pattern kept showing up:

People who looked like they were coping on the outside were often carrying far more than anyone could see - chronic stress, inconsistent routines, poor recovery, and the pressure to keep performing without burning out.

I kept seeing talented leaders trying to hold everything together while their energy, health, and resilience quietly eroded in the background.

That's why Move Your Mind exists.

Not to deliver another one-off wellbeing workshop, but to provide a practical, structured system that helps leaders improve performance, protect their wellbeing, and build more sustainable ways of operating under pressure.

Why Nick Bracks

- 1,000+ corporate talks delivered globally
- TEDx speaker on mental health and performance
- Move Your Mind podcast host
- Mental health, fitness, and performance coaching



The Cost of Burnout



1.5X

An employee's annual salary is the average cost to replace them when they burn out



150K+

Lost per employee on a \$100K salary (in recruitment, lost productivity & attrition)



Commercial Upside

Stronger performance, lower stress, and more sustainable productivity

Most organizations are paying this cost repeatedly, without realising it.

Why Companies Invest

✓ Performance

Healthier leaders make better decisions, communicate more clearly, and operate with greater energy - driving measurable results across the team.

✓ Retention

Preventing burnout reduces turnover risk and protects institutional knowledge before key people hit a wall - and walk out the door.

✓ Sustainable Productivity

Better output - delivered more consistently, with less reactive stress and less long-term cost to the individual and the organisation.

A mixed-modality approach brings fitness, nutrition, and mindset together to support more sustainable performance.



The ROI Case

The business case goes beyond turnover alone.



\$15–30K

Program investment
per cohort



\$150K

Estimated replacement
cost of one burnout-
related exit
(based on \$100K salary)



\$300K

Estimated replacement
cost of two burnout-related
exits

The value of the program is not limited to preventing exits. It can also create upside through stronger performance, lower stress, and more sustainable productivity across the cohort.



Example Sessions

1 The Pressure Reset

An interactive wellbeing and performance session helping teams identify stress patterns, reset daily habits and build more sustainable ways of working. Best for leadership offsites, busy teams and wellbeing weeks.

2 Confidence Under Pressure

A practical workshop on self-awareness, communication, mindset and showing up with more confidence in high-pressure environments. Includes reflection, discussion and simple tools for application.

3 Move Your Mind

A movement, mindset and resilience session combining tools from fitness, psychology, coaching and personal development. Designed to energize people while giving them practical habits to use afterwards.

4 Storytelling for Connection

A workshop helping leaders and teams communicate with more authenticity, empathy and impact. Ideal for team connection, leadership development, public speaking and culture-building.



WHAT OTHERS ARE SAYING

★★★★★

Before Move Your Mind, I felt overwhelmed, inconsistent, and completely stuck. Through the program, I lost over 35 pounds, built sustainable habits, and created a routine that finally sticks. The biggest shift has been in how I show up each day - with more energy, more focus, and a far more sustainable way of operating under pressure. Nick's approach helped me rebuild my confidence, stay consistent, and realise that meaningful progress doesn't require perfection.



Nigel Hancock,
Suncorp Bank

★★★★★

Before starting with Move Your Mind, I felt stuck in habits that were affecting both my health and my overall quality of life. Through the program, I lost over 28 lbs, built stronger routines, improved my wellbeing, and created a more sustainable way of operating, with more energy, discipline, and resilience day to day.



Nick Mina, Global VP of Sales,
La Bottega Collective

★★★★★

After years of late-night meals, irregular routines, and gradual weight gain post-COVID, I decided it was time to make a change. Through the Move Your Mind program, I've lost over 40 pounds, improved my sleep, regained my energy, and built healthier routines that have helped me show up with more focus, discipline, and consistency at work. It's given me a stronger long-term foundation for both my health and my performance.



Mark Williams, CEO,
The Mutual Bank

★★★★★

"Nick delivered the Move Your Mind program to our staff during a challenging period, combining relevant data, personal experience, and practical tools in a way that was engaging and impactful. The training helped our team recognise signs of stress and burnout earlier, build healthier daily habits, and develop clearer strategies to support wellbeing and perform more sustainably under pressure."



Veselina Kostadinov, HR Manager,
Kardinia Park Stadium Trust

★★★★★

Nick is a compelling and authentic voice on mental health, wellbeing, and sustainable performance. His ability to connect with workplace audiences and draw on personal experience makes him highly credible for organisations looking to address burnout and support healthier, higher-performing teams.



Frank Klasic, Partner,
Ernst & Young

★★★★★

Through Move Your Mind, Nick has contributed to our community through keynote speaking, media, and staff training. His credibility, openness, and ability to connect mental health with real workplace pressures have made him a trusted voice in supporting healthier conversations around stress, wellbeing, and burnout at work."



Jeremy Macvean, Director,
Movember

MOVE YOUR
MIND

Thank You



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