

# MOTIVATIONAL MASTERS

*Skills for Life!*

## Success seminars

are designed for both adults and children to be more determined, focused and driven to achieve success. Some of the powerful topics covered in the Success Seminar are:

- How to develop a positive attitude towards work, school and life
- The art of setting goals for success and happiness
- How to develop self confidence, mental toughness and positive thinking
- How to harness your inner self discipline, determination & perseverance
- Feel empowered by learning non aggressive self protection and Anti-bullying techniques
- Release stress and build inner calm with tai chi & breathing exercises

## JOHN GILL

International Motivational Speaker And Success Coach



**DEFENCE FORCE**  
How a world champ is helping empower western women

### Sports Success:

- Multiple winner of NSW, Australian, USA and World Martial Arts Championships
- 5th Dan Blackbelt Master instructor in Taekwondo and Hapkido
- 11 times World Self-Defence Champion
- Winner of NSW, Australian and Pan Pacific Tennis Masters Games Championships
- World Record Holder
- Winner Sports person of the year Australia day awards 2013

- Featured on Sunrise, the morning show, mornings with Kerri-Anne, wonderworld, channel 7 news, channel 10 news, Hinch and the 7.30 report
- 4 times Australian of the year nominee



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