



# CARL MASSY

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carlmassy

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## EDUCATION

- Officer Graduate of Royal Military College Duntroon (Australia)
- Bachelor of Management and Professional Studies, Southern Cross University
- Diploma Neuro Linguistics Life Coach, Bennett Stellar University
- Diploma Clinical Hypnotherapist, Bennett Stellar University
- Diploma Reiki Master, Bennett Stellar University
- Diploma Time Line™ Coach & Regression Specialist, Bennett Stellar University
- Diploma of Personnel and Resource Management, Australian Army
- Certificate IV in Fitness (Personal Trainer), Fitness Institute Australia
- Certificate IV Training & Assessment, Group 314 (RTO)
- Accredited Certificate in OHS, National Safety Council of Australia

## PROFESSIONAL DEVELOPMENT

- *Experts Academy* by Brendan Burchard
- *High Performance Academy* by Brendan Burchard
- *Date with Destiny* by Tony Robbins
- *Unleash the Power Within & Total Success* by Tony Robbins
- Learning *The Lifeline Technique* by Dr Darren Weissman

## MAJOR ACHIEVEMENTS

- Read over 500 books on peak performance, health & happiness.
- Published 2 books.
- Left a high paying, high profile job to engage with my passion.
- Travelled through over 50 countries.
- Army Major by 29 years old.

## MY STORY

I'm the author of *The Guidebook to Happiness*, *The Guidebook to Optimum Health* & (upcoming) *The Guidebook to Authentic Success* and best summed up as a (Lifestyle) Strategist. I have integrated 20-years of elite strategic planning as an Australian Army Major and then as a world leading consultant to four Olympic Games, with over 15 years of study and experience into peak performance, success, personal development, positive psychology and the science of happiness and health.

As a result, in my coaching, consulting and training seminars, I consider myself an expert at identifying the best course of action for individual or organisational outcomes, plus identifying the strategies, techniques or tools, which have the highest success & wellness return on investment (ROI). I have worked with Chevron, ExxonMobil, Aspire Zone Foundation, and the SWIRE Group.

I started in the wellness sector as a personal fitness trainer, but my curiosity and thirst for knowledge saw me working and travelling through 50 plus countries on a quest to better understand the mind, body and emotions; and ultimately why people do what they do. Now as an NLP master practitioner, hypnotherapist, corporate wellness trainer, consultant, and business, wellness & life coach; I work with executives, elite athletes, actors and entrepreneurs, travelling through their minds and lives to help transform their happiness, health, success and ultimate results in life.

I have created personal development programs, like the *30-Day Happiness Challenge*, *Living the 6 Pillars to Optimum Health* and *MindBody Detox Retreats*. With these programs, my team and I have worked with clients from all over the world (Costa Rica, Israel, Afghanistan, Bahrain, USA, UK, Europe and Australia, etc.) on how to reset and change the course of their lives. I also run corporate workshops on stress management, success, creativity, productivity, happiness and mindset optimizing.