



CARL MASSY

STRATEGIST • COACH • AUTHOR • TEACHER.

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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
- *Week Long Advanced Retreat's* with Joe Dispenza
- Multiple workshops with Rod Stryker and David Goulet

MAJOR ACHIEVEMENTS

- Former co-owner at The Practice yoga centre
- Read over 500 books on peak performance, health & happiness.
- Published 4 books and counting.
- Left a high-paying, high-profile job to engage with my passion.
- Travelled through over 50 countries.
- Army Major by 29 years old.
- Had morning tea with Queen Elizabeth II

MY STORY

Hi there. I'm the author of *The Guidebook to Happiness*, *The Guidebook to Optimum Health* & *The Guidebook to Authentic Success* and can be best summed up as a Life & Business Strategist. I have integrated 20-years of elite strategic planning as an Australian Army Major and then a senior consultant to four Olympic Games; coupled with 20 years of study and experience into peak performance, success, personal development, positive psychology and the science of happiness and health.

As a result, when coaching, consulting and teaching, I consider myself an expert at helping identify the best course of action for individuals & organisations, plus identifying the strategies, techniques or tools, which have the highest success & wellness return on investment (ROI).

I started in the wellness sector as a personal fitness trainer, but my curiosity and thirst for knowledge saw me working and traveling 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 business owners, entrepreneurs, executives, elite athletes, and actors, traveling through their minds and lives to help transform their happiness, health, success and results in life.

I love creating transformational programs like the 30-Day Challenge, and running workshops and retreats in Bali and abroad. My favourite being the 3-Day Life Masterclass, where I share everything I have learned over two decades. I also enjoy working with business owners to help them avoid the atrocious mistakes I have made along the way.

I consulted to the founders of an epic yoga centre in Bali called The Practice, for over a year, before becoming a co-owner from 2016 - 2019. The Practice teaches about evolving, so after a 5-year relationship, I decided in 2019 to evolve into my own business called Bali CoCreation, which specializes in Coaching and delivering Life Masterclass workshops & retreats in Bali and abroad; plus offering a range of online workshops.