



RESILIENCE IS A CHOICE

TURNING ADVERSITY INTO ACTION:

BART WALSH'S STORY



**Bart
Walsh**

Keynote Speaker.
Fitness Expert.

A KEYNOTE SPEAKER THAT MOVES MINDS AND BODIES: **BART WALSH TURNS ADVERSITY INTO ACTION**



RESILIENCE IS A CHOICE

Through raw vulnerability, unwavering resilience, and genuine presence, Bart Walsh offers a powerful reminder of what it means to be human and connects deeply with audiences from all walks of life.

A former actor, elite personal trainer, and now Head Coach at Jetts Fitness Australia, Bart brings decades of experience in personal development, leadership, and performance, but most importantly, he brings deep, and challenging lived experience to audiences he speaks to. He has faced - and continues to face - life's greatest challenges: cancer, the heartbreaking loss of a child, and a degenerative neurological condition that affects his mobility daily.

His message to those who have the pleasure of seeing him in action is simple but transformative: resilience is a choice we can all make, daily.

Whether it's a keynote, workshop, or team workout, Bart will shift your audience from passive inspiration to active motivation and transformation.



WHO BART BEST CONNECTS WITH

Bart's message of resilience resonates powerfully with:

- Corporate leaders looking to build and inspire resilient teams
- Health, medical and wellness audiences seeking genuine transformation
- Professional service organisations such as finance and real estate teams
- Youth and education groups navigating challenge and change
- Organisations ready to talk openly about grief, mental health and inclusion



Want a preview of Bart speaking? Scan the QR code or visit bartwalsh.com.au to view Bart's speaker showreel.

SIGNATURE KEYNOTE: **THE 3 RULES OF RESILIENCE**

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This powerful keynote traces Bart's journey through adversity and reveals the three guiding principles that have helped him face life head-on.

Your audience will:

- Gain new perspective and tools to take ownership of their circumstances
- Be inspired to seek out discomfort as a catalyst for growth
- Learn to embrace life's challenges with acceptance and courage

Key Takeaways:

- Own Your Circumstance – Blame limits growth.
- Ownership unlocks it.
- Seek Discomfort – The path to resilience begins outside your comfort zone.
- Love Your Fate – Learn to embrace what life gives you and transform struggle into strength.

Optional add-on: A physical team-building session that puts these rules into action through movement.



WORKSHOP: 1% BETTER

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Bart's flagship workshop is a deep dive into personal and corporate wellness, blending lived experience with practical strategies for improving health, mindset, and performance.

Centred on the 3 Core Pillars of Corporate Wellness - Movement, Nutrition, and Stress Management - this session will leave your team energised and equipped to be 1% better every day.

Participants Will Learn:

- How to exercise effectively in the modern work environment
- Simple nutrition changes that boost performance
- Evidence-based stress management techniques

Bonus: If your team is located near a Jetts Gym, we can coordinate special access or deals to support ongoing fitness goals.

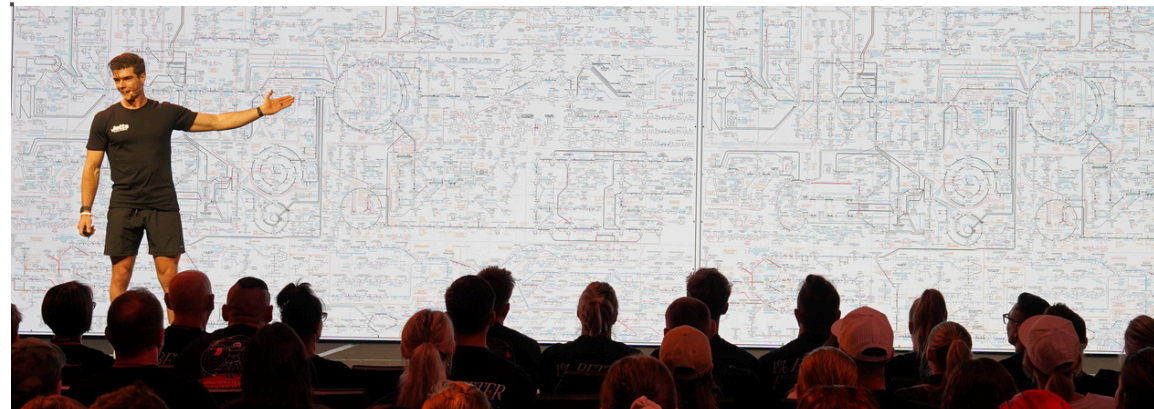


Bart is one of Australia's most respected fitness coaches, and he's passionate about energising events through movement.

Add a:

- Team-building workout to reinforce key messages post-keynote
- Stretch/mobility session to kick-start your conference with intention
- Rejuvenation break during a full-day event

These sessions are customised to all fitness levels and designed to align with your event goals.



SPEAKING PACKAGES

CHOOSE FROM A RANGE OF FLEXIBLE FORMATS TO SUIT YOUR AUDIENCE AND EVENT:

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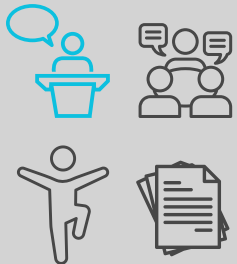
KEYNOTE ONLY



KEYNOTE + WORKSHOP



KEYNOTE + MOVEMENT SESSION



FULL-DAY PACKAGE

KEYNOTE + WORKSHOP + MOVEMENT +
STRATEGIC TEAM SESSION +
POST-EVENT RESOURCES

*Discounted rates available for charities and not-for-profits.



"It was an unforgettable experience that left a lasting impact on everyone in attendance."
— Elaine Jobson, CEO, Jetts Fitness Global

WHY BOOK BART?

- Inspires transformation, not just motivation
- Equally comfortable in front of 20 or 2,000 people
- Speaks from deep personal experience, not theory
- Resonates with progressive corporate leaders and purpose-driven teams
- Listed with top speaker bureaus (Saxton, ICMI, Inspire)



"Bart was hands down the best decision we made to join us."

— Trent Sutton, CMO,
Harcourts International



"Bart gave one of the most inspirational addresses I have heard in the last 25 years. You MUST hear Bart first-hand."

— Robert McCann, CEO,
Templestone Financial
Services



CONTACT & CONNECT

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WEBSITE



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