

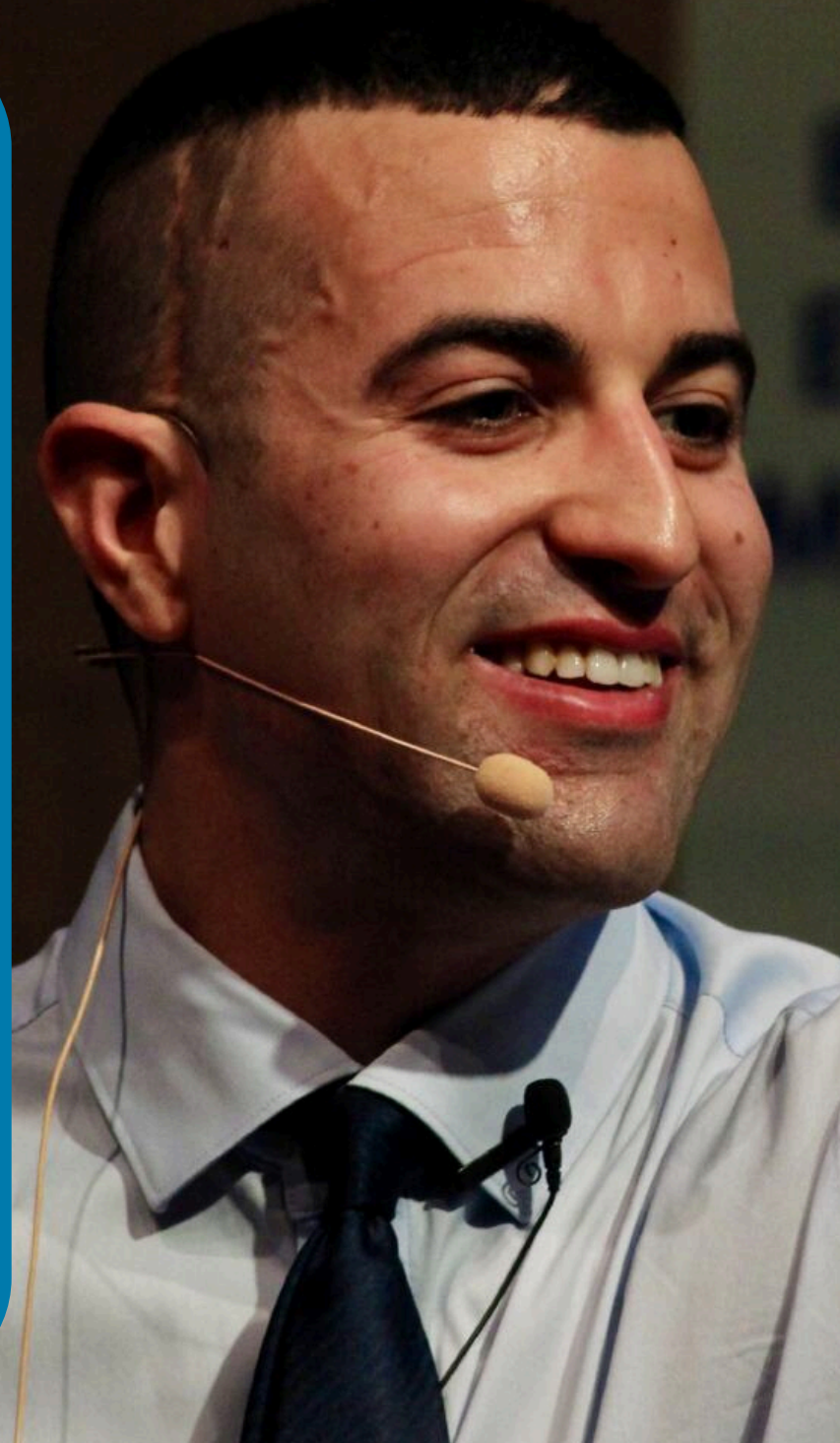
NEW FOR 2026

JAKE BIGGS

# Burnout Prevention Expert



# JAKE BIGGS



**In the next 2 to 5 years, your organisations most significant competitive advantage will lie in your employees' ability to eliminate burnout and optimise their energy levels. This will enable them to consistently perform at their peak, driving success within your organisation.**

**Jake Biggs, leading burnout prevention expert shows his clients the formula to eliminate burnout and to catapult your teams energy levels in your workplace to accelerate productivity, efficiency and profitability. Jake's keynote is the medicine for your organisation to thrive.**

**Jake's 'The Energy Factor' formula provides a scientifically backed approach to empower employees in mastering their health and wellbeing. By enhancing energy levels and resilience, the formula drives improved performance and productivity, directly contributing to your success and growth.**

**Having personally overcome anorexia, cancer, and extreme burnout, Jake understands the profound impact of burnout on personal and professional life. His proven formula offers a practical solution to prevent burnout, ensuring your workforce remains energised, focused, and able to meet the demands of a high-performing business environment.**

# KEYNOTE THEMES & KEY TAKEAWAYS

## Your Teams Are Burnt Out

Are you seeing your employees everyday mentally and physically exhausted and you know this is blocking your business goals and objectives? It's time to eliminate burnout in your organisation by helping your teams take charge of their nutrition. By prioritising their wellbeing, you will foster a more productive and engaged workforce.

**“Want to boost your business, you gotta boost their health”.**

## Work Performance On A Downward Spiral

Are you seeing your team's performance declining? Do you know they're capable of so much more but don't know how to help them rise to new levels? Your team's nutrition choices and ultimate decisions will either turbocharge their cognitive performance or plummet their work performance. Which one would you like for your teams?

**“Want optimal performance? Start with optimal nutrition”.**

## Absenteeism & Sick Leave On The Rise

Are you noticing that your team's attendance is down, your people are often sick and staying home from work? Prioritising employee wellness leads to improved business performance. Let's get the energy back into your teams and the profit back into your business by making your employees health and wellbeing a number one priority.

**“Start using food as medicine, or very soon you will be using medicine as food”.**



# KEYNOTE THEMES & KEY TAKEAWAYS

## Mental Health & Wellbeing At Rock Bottom

Are you walking into your offices every day and seeing teams that are anxious, depressed, stressed and exhausted? It is essential to have employees that have their mental health and lifestyle optimised, for peak performance in your workplace.

**“Make time for your mental health and wellbeing like your life depends on it, because it actually does”.**

## Your Teams Are Missing All Their Key Performance Indicators

Are your people consistently not quite reaching their best, never quite reaching their goals and objectives? Studies show boosting physical health and wellbeing can have a massive lift in cognitive performance and brain health. Investing in their wellness will drive success for your organisation.

**“A healthy mind can only exist with a healthy body”.**

## Staff Turnover Accelerated

Are you observing a rapid change in your employees' organisational environment? You have lost track of your team's names, as new employees are coming in repeatedly? Management is spending more time training new staff than focusing on their work? Taking care of your team's health and wellbeing is a proven secret recipe to eliminating staff turnover.

**“Want to retain your staff forever, it starts and ends with happy, healthy and stress free teams”.**



# KEYNOTE THEMES & KEY TAKEAWAYS

## High Energy Levels Absent In Your Business

Are your teams complaining to you that they are barely getting through the working days? They are exhausted, depleted and drained? It's time to investigate your team's sleep habits to create endless amounts of energy in your organisation.

**“Want to restore their energy levels, lets replenish their sleep”.**

## Creativity At An All Time Low

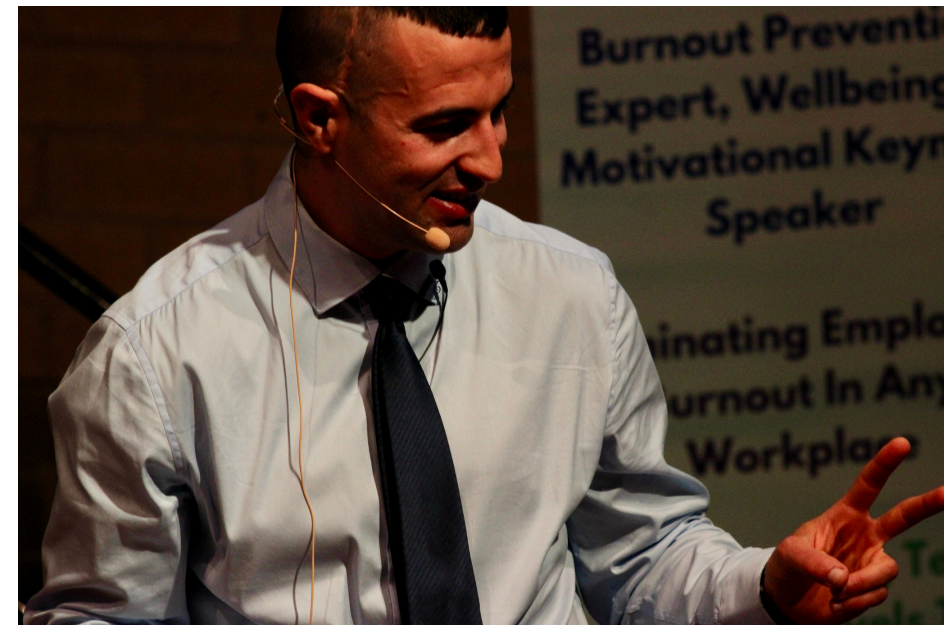
Is your team currently lacking the creative spark needed to propel them towards innovation? Do you find your teams in need of fresh, inventive solutions, only to witness your team repeatedly operating at a slower pace, seemingly stuck in a rut? Are you searching for ways to reignite their passion and drive forward-thinking results?

**"Would you fill your Premium car up with E10 fuel?".**

## Team Collaboration Non-Existent

Are you seeing that teamwork in your business is nowhere to be seen? You're struggling to find how to get your employees working together collaboratively, but you know it just has to happen. Promoting wellbeing activities in your workplace will drive team collaboration to levels never seen before.

**“Happiness, laughter and wellbeing, the perfect natural intervention for team harmony”.**



"Jake was our opening keynote speaker at the Forensic Evidence and Technical Services Command Development Day 'Back on Track'. We loved listening to Jake. His story is very inspirational and his key takeaways were expertly presented. Thank you Jake. I highly recommend Jake as a keynote speaker".

**- NSW POLICE -**



# BOOK JAKE BIGGS AS YOUR KEYNOTE SPEAKER

