

Brett Lillie 

REDISCOVER YOUR ATHLETE WITHIN



Speaker Kit 2023

“When you rediscover and embrace the athlete you harbour within, you’re opening up the doors to possibilities, to a future where you can be the best version of yourself, your life has meaning, your career is thriving and your heart just sings.”

Dr Brett Lillie, Rediscover your athlete within



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REDISCOVER YOUR ATHLETE WITHIN



Renowned practitioner, lecturer, coach and speaker, Dr Brett Lillie is an inspiring and refreshing voice for everyone who wants to rediscover the love of being active and is aching to bring change into their lives. Intrepid disruptor of common beliefs and age-old barriers, his passion is to help people in their middle years draw from skills and knowledge they already possess and apply them successfully to their now.

For over 20 years Dr Brett has helped clients overcome injuries and pain in his busy rehab clinic, watching them grow and change in the name of one shared dream: becoming a better version of themselves. And he heard it all: “I’m too old, I’m out of shape, I’m in too much pain, I don’t have enough time, I don’t know how to do that”. It is while supporting his clients and listening to their stories that he started forming the idea that inside all of us there’s an athlete with skills, passion and mastery who’s just waiting to shine.

Turning all the “I can’t” we carry with us into a more positive reality is Dr Brett’s passion. While writing his book “Rediscover your athlete within”, he’s been on big, small and virtual stages sharing his experiences and research gathered over many decades, empowering his audiences to get up and take action.

For Dr Brett, it is not just about sharing facts for the sake of it or relaying as much practical information as possible. His aim is to deliver targeted content with authority and humility creating a lasting impact and an environment where people can transform and truly define the way they choose to live, play and work.



A Transformative Experience



Everyone who's seen Dr Brett speak has been touched deeply by his knowledge and heart, walking away with renewed energy and a myriad of simple tools to put into practice. To put it in his own words: "If everyone in my audience is able to take one bit of information on board and transform just one aspect of their life, then my job is done".

Empathic and energetic, witty and genuine, Dr Brett is never short of a good story and naturally connects to his audiences drawing them into the experience. He will often share his own journey of rediscovery, one that, in the aftermath of a motorbike accident, saw him travel the world and study under experts in the field of rehab, sleep medicine and dentistry to quench his thirst for answers. It is then he decided to dedicate his life to help people find their own answers.

In a world where sedentary lifestyle is causing havoc and is one of the leading causes of chronic illnesses, Dr Brett is on a mission to bring movement back into everyone's schedules and making it a priority. At work or at home, being active doesn't have to be a chore, doesn't have to be hard or even boring.

Dr Brett's insights and strategies are practical and relatable, so everyone in your audience can be sure to be inspired to transform, to become more active, to be their athlete within and thrive.

"I have heard Dr Brett Lillie present multiple times. He is a high energy and engaging speaker who you can tell is very passionate about his work. His presentations are well thought out and break down complex topics in a way you can follow easily and makes it easy to apply in day to day practice."

Dr Louis Jen



Experience That Speaks For Itself



Dr Brett has a wide experience delivering keynotes, webinars, presentations and workshops. He's been speaking at national conferences. He's been running hands-on programs for law firms, IT companies and many other corporates. He has provided expert advise to the media on current affairs. He's been supporting other businesses get the best out of their own clients.

Dr Brett's vast knowledge and decades of experience adapting between delivering small, tailored workshops and speaking to audiences on bigger stages, make him a risk-free engagement for your next event.



"Brett makes you see things in a different way, challenges your thinking and is incredibly curious."

Lucas Kolenberg





REDISCOVER THE ATHLETE WITHIN

"I always enjoy watching Dr Brett present. He is a talented and engaging speaker with a warm presentation style. He always entertains the audience and has a knack (skill) for making the complex seem simple. He is also organised, punctual and reliable which is a great bonus for any event organiser!"

Dr Charlotte de Courcey-Bayley

Healthcare practitioner

**Conference Chair for Annual
International Healthcare
Conferences**

Dr Brett's Current Speaker Topic



No matter how big or small your audience is, finding the right presenter with the right topics to engage, educate and entertain your audience is essential for your event's success.

Dr Brett's can speak on the topics below either as keynote or workshop (in person and online). Every presentation he delivers is highly customised and relevant to the audience. He works closely with his clients from start to finish, nutting out details and goals to ensure everything is planned and ready to go.

How would your life change if you rediscovered your "Athlete Within"?

Ever gone through one of those phases, a slump, a time in your life where you are merely existing, everything feels the same and you're pretty much on the course to become exactly who you don't want to be? Ever felt a need for a jolt, a burning desire to take charge of your life and steer it in a direction where possibilities are limitless and fulfilment is just part of living every day? What if you could do just that by reconnecting to your past, to your inner athlete, so you could have the knowledge and renewed hunger to redefine your future and go after it?

This keynote is designed to do exactly that. Challenge you to understand what drives you, how you see the world, what obstacles you create for yourself and the resources you already possess to get you going. Encourage you to bring "more you" to the table and give more meaning to what you do. But also inspire you to become more active as a solution to the many barriers that are between you and your dream life.

Engaging, fun and full of relatable stories, this presentation will give invaluable insights and heartwarming hope to everyone wanting to live their best life.



Dr Brett's Current Speaker Topic



Is it ever too late to rediscover your "Athlete Within"?

As a kid all you wish for is to grow up and be an adult. As an adult you hope to grow old, healthy and happy. Then, as you grow older, you are reminded over and over that it all happened when you were younger. Wait a minute, this doesn't sound right. In fact, you can change this old narrative when you rediscover your athlete within, because actually real growth has its foundations in maturity. When you hit the middle point of your life, you have so much more knowledge and experience under your belt.

Your values and perceptions change and you desire more meaning in what you do and want to achieve. Yes, your body may not stack up against the image you have of yourself in your younger days, but by rediscovering your inner athlete you'll be able to understand, embrace and celebrate what you have right now and redefine a more active, happy, fulfilled future. It is time to challenge age-old beliefs and get inspired to take charge of your life right now.

Could "rediscovering your inner athlete" be the best business development strategy ever?

If there's one thing we've learnt recently is that businesses need to be adaptable and flexible. Work environments and employees expectations have seen a dramatic shift and sales numbers are no longer the sole indicator of success. Businesses, just like athletes, need to prepare, anticipate, have an awesome team around them, find motivation, rely on a strong mindset, get into a flow state and spring into action. It's about performance and this is why rediscovering your athlete within is the best business development

strategy. By uncovering and feeding the individuals' passions, skills and help them understand why they're invested in what they do, your team will find more meaning, lifting the standards of their performance and increase the business success. At this point all the elements are in place for you to add your own stamp, what makes your business unique, and feel free to be more courageous and take those risks that will propel you to the next level.

"Brett introduced me to the growth mindset and the power of actions. He's a fountain of knowledge and a true inspiration."

Anna Calvert



Would you like to work with Dr Brett?

If you would like to have Dr Brett present at your next event, contact him directly to confirm his availability and discuss your requirements.

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