



NICK BRACKS

**REAL STORIES.
DIFFICULT CONVERSATIONS.
LASTING IMPACT.**

MENTAL HEALTH ADVOCATE | TEDX SPEAKER | AUTHOR | FILMMAKER

More than 1,000 talks delivered worldwide, combining honest personal storytelling, research and practical insights into mental health, resilience and the pressures of modern life.

1,000+ TALKS | **2** TEDX TALKS | **17+** YEARS IN ADVOCACY



■ THE STORY BEHIND THE SPEAKER

From fearing five people to speaking around the world.

Public speaking was once one of Nick Bracks' greatest fears. Before presenting to groups as small as five people, he sometimes became physically sick with anxiety.

Growing up in one of Australia's most prominent political families, Nick struggled privately with depression, anxiety and alcohol. A serious drink-driving accident in his early twenties became national news and eventually led him to seek professional help.

What followed was an unexpected career in mental health advocacy. After speaking publicly about his experiences during **Dancing With the Stars**, Nick began sharing his story with schools, organisations and communities.

Today, he has delivered more than 1,000 talks around the world, including two TEDx presentations.

Alongside his speaking career, Nick is the author of **Move Your Mind: How to Build a Healthy Mindset for Life** (Wiley, 2021), host of the **Move Your Mind** podcast, an actor who appeared on **Neighbours**, and a filmmaker developing original projects through Bracks Media.

■ THE APPROACH

Honest storytelling. Research-informed insights. Practical change.

Nick's presentations explore the experiences and pressures that shape human behaviour, from mental health and burnout to identity, connection and resilience. His work also explores men's mental health and masculinity.

Drawing on personal experience, research and practical strategies, he creates space for difficult conversations while helping audiences identify meaningful steps they can take in their own lives.

Conversations that meet people where they are.

Each session combines personal storytelling, research and practical insights and can be adapted to the audience, event and desired outcomes.

01

Sustainable Energy & Proactive Burnout Prevention

A science-backed, interactive session helping individuals and teams recognise early signs of burnout, understand the cost of constant pressure and build practical habits for energy, recovery and sustainable wellbeing.

AUDIENCE TAKEAWAYS

Recognising stress signals, protecting energy, improving recovery and building sustainable daily routines.

02

The Pressure Reset

An interactive session helping teams identify stress patterns, understand how pressure affects behaviour and build healthier ways of working.

Particularly suited to leadership offsites, busy teams and workplace wellbeing events.

AUDIENCE TAKEAWAYS

Greater stress awareness, practical reset strategies and healthier responses to pressure.

03

Confidence Under Pressure

A practical session on self-awareness, communication and mindset, and navigating high-pressure situations with greater confidence.

AUDIENCE TAKEAWAYS

Self-awareness, clearer communication and constructive responses to challenging situations.

04

Move Your Mind

Drawing on Nick's book, personal experiences and wellbeing framework, this session explores the connection between movement, mindset, daily habits and mental health.

AUDIENCE TAKEAWAYS

Practical movement habits, greater self-awareness and realistic strategies for improving everyday wellbeing.

05

Storytelling for Connection

An engaging session on how honest storytelling, vulnerability and authentic communication strengthen relationships, build trust and create more meaningful connections within teams and communities.

AUDIENCE TAKEAWAYS

More authentic communication, stronger connection and confidence in sharing difficult experiences.

All sessions can be tailored for corporate audiences, conferences, schools, leadership teams and community organisations.

■ EXPERIENCE & CREDIBILITY

Stories that connect. Conversations that stay.

Nick has delivered talks, presentations and wellbeing sessions across corporate, education, nonprofit and community settings.

SELECTED ORGANISATIONS

EY · Deloitte · Telstra · Movember · Bupa · Lendlease · McDonald's · John Holland · Deakin University · Beyond Blue · headspace

Selected organisations Nick has worked with across speaking, training, advocacy and related professional engagements.

WHAT CLIENTS SAY

ERNST & YOUNG

“Nick is an inspirational speaker with a passion for mental health awareness. His ability to connect to a broad audience of all ages and share his personal experiences makes him a powerful and genuine presenter.”

Frank Klasic

Partner, Ernst & Young

MOVEMBER AUSTRALIA

“Nick has shared his experience with mental health challenges with our community as a guest speaker, in media and even as part of staff training. ... It's personal stories like Nick's that help bring to life the causes Movember supports.”

Jeremy Macvean

Country Director, Movember Australia

KARDINIA PARK STADIUM TRUST

“Nick's presentations were a great combination of relevant data, statistics, and personal stories delivered genuinely and engagingly.”

Veselina Kostadinov

Human Resources Manager, Kardinia Park Stadium Trust

WATCH NICK ON STAGE



The Cruellest 40 Seconds

TEDXDOCKLANDS



Scan to watch, or visit
youtube.com/watch?v=GDLKPokHDRs

LET'S START A CONVERSATION.

Whether you're planning a conference, leadership event, workplace wellbeing programme or community gathering, Nick works with organisers to create sessions that are relevant, engaging and meaningful for their audience.

■ SPEAKING FORMATS

Keynote Presentations

Engaging, story-led presentations combining lived experience, research and practical takeaways.

Interactive Workshops

Participatory sessions designed to encourage reflection, discussion and the application of practical strategies.

Panels, Interviews & Facilitated Conversations

Honest and engaging discussions around mental health, identity, wellbeing, resilience and human behaviour.

■ WHAT TO EXPECT

- An initial conversation about your event, audience and objectives.
- A session tailored to the relevant themes and requirements.
- A blend of personal storytelling, research-informed insights and practical tools.
- An authentic and engaging experience designed to spark meaningful conversation.

Ready to bring Nick to your event?

Get in touch to discuss your audience, event details and what you'd like to achieve.

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ENQUIRE ABOUT A KEYNOTE