SPEAKING PACKAGE



MATESHIP MATTERS!

The Seriously Funny Community Wellbeing Show

Humour. Hope. Social Connection.

More Than a Show. A Movement.

WHY IT MATTERS NOW

Life doesn't come with an instruction manual.

And most of us would have lost it by now! From stress and sleep to relationships and resilience, looking after ourselves is easier said than done, especially when life is flat out and support is miles away.

The Seriously Funny Community Wellbeing Show brings together brilliant speakers, practical medically credentialed wisdom and plenty of laughs to tackle life's challenges without making wellbeing feel like hard work! One Friday afternoon, for council staff and then the whole community.

BUILT FOR THE WHOLE COMMUNITY

- Council staff
- Volunteers
- Veterans
- First Nations communities
- Community groups
- Retirees
- Local residents
- Anyone who needs a laugh

Four speakers. One stage. Plenty of laughs.

SESSION 1 · 1:10PM · SLEEP **The Science of Sleep**	Dr Jemma King on why "catching up on sleep" isn't a weekend strategy.
SESSION 2 · 1:55PM · KOKODA **Forged on Kokoda**	Aidan Grimes, The Kokoda Kid, on leadership, resilience and performing under pressure.
SESSION 3 · 3:05PM · MINDSET **Performance, Mindset & Mental Resilience**	Dr Tony Valenti, Sports Psychologist to the Stars (really Homer Papantonio, The Corporate Impostor).
SESSION 4 · 3:50PM · HEART **The Heart of Total Wellbeing**	Dr Ross Walker cuts through the myths and hype of modern health.
SESSION 5 · 4:35PM · ALL FOUR **Live Q&A: Ask the Experts**	Your questions on mental, physical and emotional health, answered by all four. 25 minutes.

More Than a Show. A Movement.

The curtain comes down. The conversation shouldn't. Every MATESHIP MATTERS! show is built to leave something behind: people who've laughed together, talked about the things they usually don't, and know where to turn next.



SESSION 1 · 1:10PM · UP TO 45 MIN

The Science of Sleep, Recovery & Sustainable High Performance

Dr Jemma King PhD

Sleep expert · Stress, recovery & human performance

Widely regarded as one of the world's leading authorities on sleep, and a leading expert in stress, recovery and human performance.

That makes her ideally qualified to explain why most of us are exhausted, stressed, making questionable decisions and somehow believe "catching up on sleep" is a legitimate weekend strategy.

With a PhD in Human Behaviour, Jemma has worked with Olympic athletes, Special Forces, the Australian Defence Force, senior executives and some of the world's leading organisations. She is a Fellow at the University of Queensland School of Psychology and the author of the bestselling Sleep First.

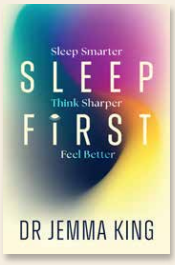
She has also been a model, managed a nightclub in Moscow and worked as a stunt double in Police Academy 7, so she understands both peak performance and surviving the night shift.

KEY TAKEAWAYS

1. **Sleep is not laziness**
   It's maintenance for the brain. You wouldn't run your phone on 3% battery.
2. **Stress can sharpen performance**
   Until it becomes your permanent operating system.
3. **Recovery is not weakness**
   Even Olympians, Special Forces and CEOs need to recharge.
4. **Your body affects your brain**
   Fatigue and chronic stress quietly sabotage focus, judgement and emotional control.
5. **High performance is sustainable**
   Know when to push, when to pause and how to come back stronger.
6. **Leaders bring their biology to work**
   Self-awareness and psychological safety are essential, not soft.







Author of Sleep First

Sleep smarter. Think sharper. Feel better.



SESSION 2 · 1:55PM · UP TO 45 MIN

Forged on Kokoda: Leadership, Resilience & Human Performance Under Pressure

Aidan Grimes

The Kokoda Kid

Philanthropist, historian, sports scientist, physiologist, psychotherapist and self-described mediocre Irish humorist.

Aidan has led more groups across the Kokoda Track than any other "nutter" in the world, and he's still doing it.

In a seriously funny way, Aidan speaks about what matters to everyone living in regional communities. He believes everyone is a leader in their own life, family and business.

KEY TAKEAWAYS

1. **Leadership, performance & harmony**
   Building harmonious families and teams, with practical frameworks drawn from military and Kokoda lessons.
2. **Resilience & adversity**
   Thriving under pressure and uncertainty, and building "forged in fire" mental toughness.
3. **Mental fitness & wellbeing**
   Preventing burnout, with daily habits for clarity, energy and emotional strength.
4. **Culture & psychological safety**
   Workplaces and families where people feel safe to speak up and share the "invisible load".
5. **Personal growth & mindset**
   Breaking limiting beliefs and using challenge and discomfort as drivers of growth.
6. **Lessons from Kokoda**
   Themes of sacrifice, service and legacy, applied to modern leadership challenges.





> **"Everyone is a leader in their own life, family and business."**



SESSION 3 · 3:05PM · UP TO 45 MIN

Performance, Mindset & Mental Resilience

Dr Tony Valenti

Sports Psychologist to the Stars
Really Homer Papantonio, The Corporate Impostor

Australia's leading comic speechmaker, with more than 1,200 national and international conferences behind him.

Homer has a knack for making complex topics accessible and very entertaining, often before the audience realises who he really is. At MATESHIP MATTERS! he appears throughout as Dr Tony Valenti, Sports Psychologist to the Stars.

His keynote explains why performance, health and happiness are grounded in the skilful management of energy, covering confidence in embracing change, realistic optimism, avoiding constant self-blame and the importance of serious fun.

KEY TAKEAWAYS

1. **Managing energy for success**
   Balance physical, emotional, mental and spiritual energy. Push, rest and build capacity.
2. **Good habits, great energy**
   Sleep, exercise, hydration and positivity sustain energy. Poor habits drain it.
3. **Work in sprints, not marathons**
   Focused bursts with regular breaks restore energy and help you achieve more.
4. **The power of playfulness**
   Playfulness reduces stress, boosts creativity and strengthens relationships.
5. **Humour for health**
   Laughter lifts mood, reduces stress and builds resilience.





> *"You are the complete package... your unique presentations provide a blend of entertaining comedy which camouflages insightful and pertinent messages. Your comedic performances are brilliant."*
>
> **Australian Olympic Swimming Team, National Training Camp**



SESSION 4 · 3:50PM · UP TO 45 MIN

The Heart of Total Wellbeing & Performance

Dr Ross Walker

Heart & total wellbeing expert · Cardiologist · Broadcaster

Australia's most affable celebrity cardiologist.

A regular on The Today Show and A Current Affair, with his own national radio show, Healthy Living, Ross is a bestselling wellbeing author with a genuine passion for people and health, and one of the country's foremost keynote presenters.

A practising cardiologist with 45 years of medical experience, Ross is the quintessential geek on ageing, nutrition, supplements, health and human performance. He debunks the myths and hype of modern health and gives people the facts they need.

KEY TAKEAWAYS

1. **Quit all addictions**
   You can't be healthy and smoke, drink too much alcohol or use illegal drugs.
2. **Cultivate good sleep**
   The quality of your day depends on the quality of last night's sleep.
3. **Nutrition**
   If you can catch it or grow it in your backyard, it's good for you. Eat less and more naturally.
4. **Exercise**
   Three to five hours a week that makes you hot and a bit short of breath. Sit less.
5. **Happiness**
   The best drug on the planet. Choose peace and ask "how may I serve?"





> *"An outstanding presenter in every which way. Dr Walker is articulate, intelligent and humorous, with great visuals to support his presentation."*
>
> **Blackmores**

SESSION 5 · 4:35PM · ALL FOUR SPEAKERS · 25 MIN

Live Q&A: Ask the Experts

All four speakers come together on stage for 25 minutes of audience questions on mental, physical and emotional health. Nothing is off limits, except perhaps Aidan's jokes.



RUN SHEET

Friday afternoon, 1:00pm to 5:00pm.

FRIDAY AFTERNOON PROGRAM

For council staff, then the whole community

12:30pm	**Doors open**	Registration, with local services and community groups in the foyer
1:00pm	**Welcome & introductions**	A specially recorded celebrity introduction to each speaker
1:10pm	**Dr Jemma King**	The Science of Sleep · up to 45 min
1:55pm	**Aidan Grimes**	Forged on Kokoda · up to 45 min
2:40pm	**Afternoon tea & coffee**	25 minutes to relax and recharge
3:05pm	**Dr Tony Valenti**	Performance, Mindset & Mental Resilience · up to 45 min Really Homer Papantonio, The Corporate Impostor
3:50pm	**Dr Ross Walker**	The Heart of Total Wellbeing · up to 45 min
4:35pm	**Live Q&A: Ask the Experts**	All four speakers together · 25 min
5:00pm	**Close**	

Timings are indicative and can be tailored to your venue and audience.

Let's get your town laughing.

MATESHIP MATTERS! is touring Queensland and New Zealand in 2027. Here's how to bring it to your community.

HOW THE PARTNERSHIP WORKS

- Council provides the venue and acts as the local host and community convenor.
- Corporate sponsors provide the primary financial backing, covering much of the show's costs.
- Council manages registrations, with free tickets allocated first-come, first-served.
- Council makes a modest contribution, ideally from its existing employee wellbeing budget.

COUNCILS

Host a show

You convene, we bring the show: one Friday afternoon of wellbeing for your staff, then free for the whole community.

ORGANISATIONS

Become a partner

Corporate sponsors provide the primary backing, so the show is free for the communities that need it most.

PRIVATE BOOKINGS

Book the show

The full show, or any of our four speakers, for your conference, retreat or staff wellbeing day.

BOOKING ENQUIRIES

Homer Papantonio

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seriouslyfunnywellbeing.com

THE PODCAST

MATESHIP MATTERS! The Seriously Funny Wellbeing Podcast

Watch EP 22 with all four speakers. Search for it on Spotify, Apple Podcasts and YouTube.

With thanks to MATES for their support of the concept.

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