



# CARL MASSY

STRATEGIST • COACH • AUTHOR • TEACHER.

+62 81 558 224510

carlmassy

carl@carlmassy.com

## EDUCATION

- Officer Graduate of Royal Military College Duntroon (Australia)
- Bachelor of Management and Professional Studies, Southern Cross University
- Diploma Neuro Linguistics Life Coach, Bennett Stellar University
- Diploma Clinical Hypnotherapist, Bennett Stellar University
- Diploma Reiki Master, Bennett Stellar University
- Diploma Time Line™ Coach & Regression Specialist, Bennett Stellar University
- Diploma of Personnel and Resource Management, Australian Army
- Certificate IV in Fitness (Personal Trainer), Fitness Institute Australia
- Certificate IV Training & Assessment, Group 314 (RTO)
- Accredited Certificate in OHS, National Safety Council of Australia

## PROFESSIONAL DEVELOPMENT

- *Experts Academy* by Brendan Burchard
- *High Performance Academy* by Brendan Burchard
- *Date with Destiny* by Tony Robbins
- *Unleash the Power Within & Total Success* by Tony Robbins
- *Learning The Lifeline Technique* by Dr Darren Weissman
- *Week Long Advanced Retreat's* with Joe Dispenza
- Multiple workshops with Rod Stryker and David Goulet

## MAJOR ACHIEVEMENTS

- Co-owner at The Practice (Bali) yoga centre
- Read over 500 books on peak performance, health & happiness.
- Published 3 books and counting.
- Left a high paying, high profile job to engage with my passion.
- Travelled through over 50 countries.
- Army Major by 29 years old.

## MY STORY

Hi there. I'm the author of *The Guidebook to Happiness*, *The Guidebook to Optimum Health* & *The Guidebook to Authentic Success* and can be best summed up as a Life & Business Strategist. I have integrated 20-years of elite strategic planning as an Australian Army Major and then a senior consultant to four Olympic Games; coupled with 20 years of study and experience into peak performance, success, personal development, positive psychology and the science of happiness and health.

As a result, when coaching, consulting and teaching, I consider myself an expert at helping identify the best course of action for individuals & organisations, plus identifying the strategies, techniques or tools, which have the highest success & wellness return on investment (ROI).

I started in the wellness sector as a personal fitness trainer, but my curiosity and thirst for knowledge saw me working and traveling through 50 plus countries on a quest to better understand the mind, body and emotions; and ultimately why people do what they do. Now as an NLP master practitioner, hypnotherapist, corporate wellness trainer, consultant, and business, wellness & life coach; I work with business owners, entrepreneurs, executives, elite athletes, and actors, traveling through their minds and lives to help transform their happiness, health, success and results in life.

I love creating transformational programs like the 30-Day Challenge, and running workshops and retreats in Bali and abroad. I also enjoy working with business owners to help them avoid the atrocious mistakes I have made along the way.

While I was working for 16-months as a Life and Business Coach to The Practice Co-Founders, they decided they could get even more out of me if I became a co-owner too. So in January 2016, I became a co-owner of the amazing yoga centre in Canggu Bali, where we focus on helping everyone that enters The Practice to evolve, in their most meaningful way and a way that best supports others, and this beautiful planet we live on.