

# BWT.

## **BLAKE WORRALL-THOMPSON MEDIA KIT**

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## ABOUT BLAKE WORRALL-THOMPSON

**BLAKE WORRALL-THOMPSON** is a lifestyle and mindset coach based in Byron Bay, Australia.

Having spent the last 19yrs in the coaching space studying a diverse range of modalities in 'human behaviour', Blake's unique and innovative coaching style is a catalyst for helping his clients collapse time and transform from where they are to where they want to be.

After years of studying a diverse range of modalities including NLP, breathwork, relationships, hypnosis and psychedelics (to name a few) Blake helps people free themselves of limiting conditions to live a fulfilling and successful 'Life By Design'.

The success of Blake's clients has seen him work with thousands of people from all different backgrounds and had him featured in Men's Fitness Magazine, D'Marge, The Daily Telegraph, Vogue and many more.

Forever challenging the status quo and society's norms, Blake's open minded approach allows him to delve into areas many are afraid of which brings with it its own insights, methods and learnings to go with his radically honest approach.



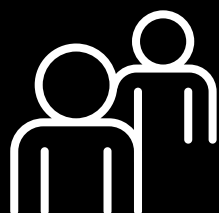
Lifestyle &  
Mindset  
Coaching



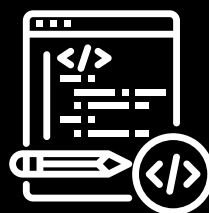
Podcast  
Guest



Public  
Speaking



One on One  
Coaching



Online  
Programs



Retreats &  
Live Events

# PODCAST + SPEAKING

**Topics:**

Mastering Yourself

Finding Fulfilment

Deep Self Discovery

Purpose, Passion & Performance

Living A Life By Design

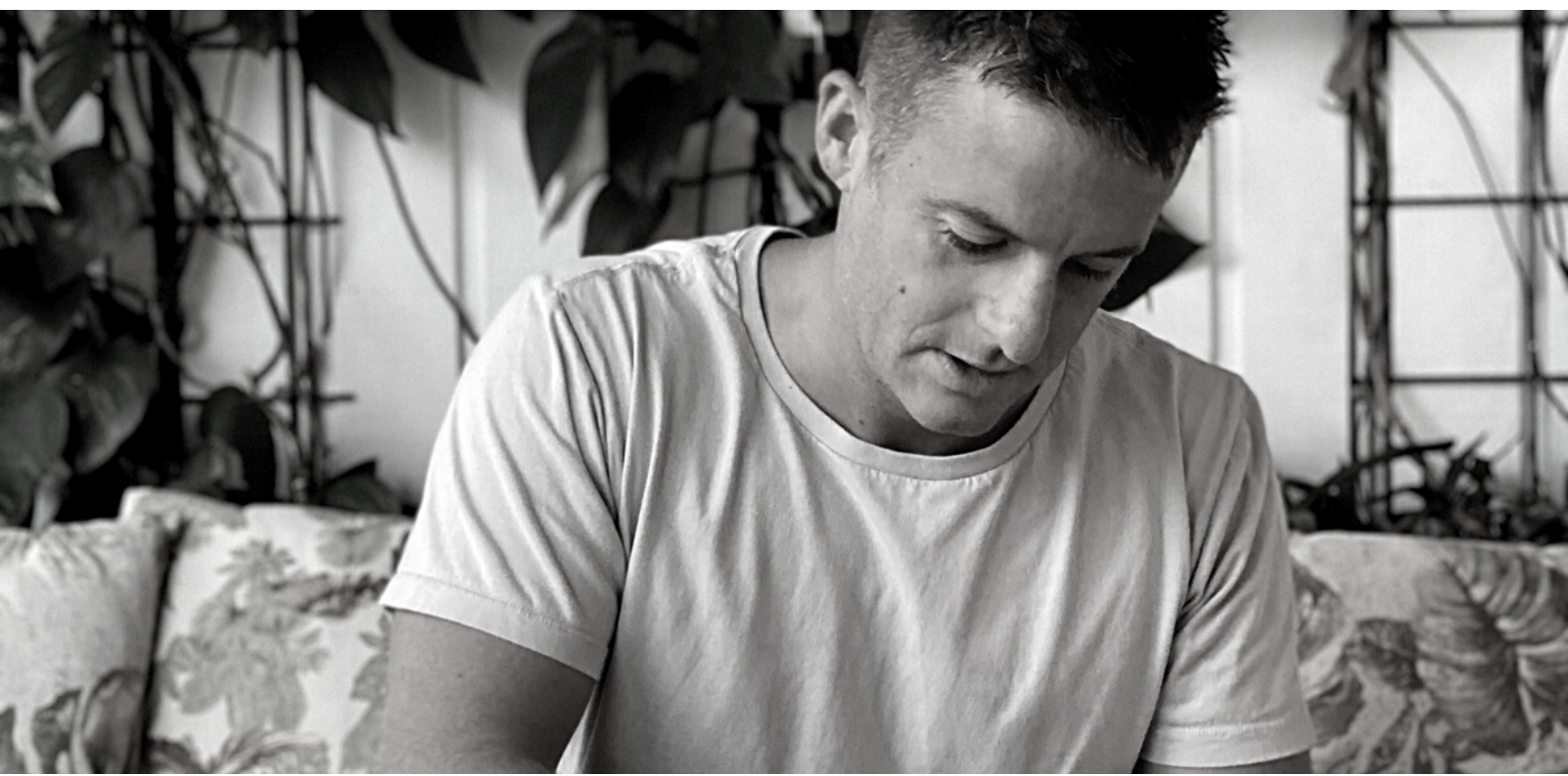
Unlocking Your Potential

Limiting Beliefs

Overcoming Adversity

**Want Blake to speak on something different?**

Email [blake@blakeworrallthompson.com](mailto:blake@blakeworrallthompson.com) for a custom speaking or podcast topic.





## WHAT THEY SAY

“

*In just four months of mentoring with Blake, every facet of my life has significantly improved. I can say without a doubt that the progress I have made in such a short period of time would just not have been possible without him.*

“

*There are a few people that I look to for advice, information and impact in my world... I look to Tom Bilyeu, Aubrey Marcus and I look to Blake. When you have a conversation with him, he is able to read between the lines, address the core issue and blocks and completely eliminate them.*

## AS SEEN IN

LIFESTYLE  
**you.**

COSMOPOLITAN

**nova**

**sunrise**  
7

The Sun-Herald

BOB **+soul**

**nine**  
.com.au

GRAZIA

Women's Weekly

# PODCAST

Podcasts Blake has been featured on:



# CORPORATE SPEAKING + WORKSHOPS

STRONG Burleigh worked with Blake to bring a breathwork experience to our members in studio. Blake was able to make his breathwork practice connect with all levels of experience in the room in an educational and engaging way. Everyone got something out of the session and we look forward to working with Blake again soon!

**Ash Minchin (Strong Burleigh Owner)**

STRONG Pilates Byron Bay recently instigated a breath-work & mindset reset event for our clients to magnify the significance of attitude, breath and overall mental fitness within each and everyone of us.

Blake held a space of complete comfortable energy and expressed some vital and valuable points that each individual got to take away, digest and then integrate into our busy everyday lives.

That was the first of many!

**Sami Mahoney (Strong Byron Bay Owner)**

I reached out to Blake and to organise a different style of workshop for my team to help support their personal growth and to foster deeper connections among the group. We work in a very fast-paced high pressure environment and I believe the best thing you can do as a leader is recognise when your team need some tools to help manage these stressors on a day to day basis. Blake curated a personalised breathwork program for us and I have to say both sessions for transformational for me and my team. Although I was familiar with this practice, most of my team were new to breathwork and slightly unsure of what to expect. Blake's professionalism, energy, openness and expertise in this space instantly put them at ease and allowed them to fully open themselves to the experience. A huge thanks to Blake for providing such a safe space for my team and I to have such an incredible experience!

**Em Castles - Head Of Marketing & Development Toorak College**

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**WANT TO CHAT?**

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