

BWT.

BLAKE WORRALL-THOMPSON MEDIA KIT

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ABOUT BLAKE WORRALL-THOMPSON

Friday the 13th - the day I officially filed for bankruptcy. I remember the day so clearly because my trustee joked about it being Friday the 13th. Good of him to lighten the mood.

For me, it was the ultimate failure - and up until that point the hardest moment of my life. Little did I know it was just the start of 15 months of hell. From there life threw everything at me.

My business was shut down.

I got fired from 3 jobs.

I split with my girlfriend.

My car got broken into and my computer was stolen.

My car broke down and took 6 months to get sorted.

I applied and got rejected from over 50 jobs.

I had no money.

No job.

No direction.

No purpose.

I was having suicidal thoughts.

And to top it off, I felt the loneliest I'd ever been and I was days away from being homeless (before our oldest family friend took me in).

I remember saying to one of my best mates (now a business partner); "Everything can be taken from me but at least I still have my physical and mental health".

Bless his cotton socks (for not saying anything), but I definitely didn't have my mental health and one week after that (And 15 months since it all started) I ended up in hospital with what they thought was meningococcal.

I was completely broken.

Completely empty.

And I literally had nothing left to lose.



ABOUT BLAKE WORRALL-THOMPSON

So at the cherry ripe age of 35 and without a cent to my name I moved back to Adelaide and moved in with my mum who i didn't have a good relationship with, but I didn't know what else to do.

I remember the darkest moment so clearly when I thought to myself "It would be easier if I just ended it all - I get why blokes do it"...

What I had in my favour was a few years of studying the mind under my belt which gave me a 'toolkit' that ultimately saved my life..... Along with that I had hope....

Over the years I'd seen and listening to countless of my favourite thought leaders talk about their rock bottom and how they got out and built themselves back up.

I wasn't sure how I was going to do that but it gave me the confidence that it was possible.

Every time my mind wandered to the future it looked so dark and bleak I had to come back to trying to be present. And from Sept 2019 I began the climb from the bottom to what would become my 'life by design'.

I first got a job as a dish-pig at my brothers cafe and was emptying bins at festivals.

Then one week after doing an ayahuasca ceremony the concept of moMENTum was came to me.

6 weeks after that we hosted our first event in Sydney.

Then between Jul 2021 and Dec 2021 I moved to Byron Bay (my favourite spot in Australia) created a multiple 6 figure business, fell in love with the women of my dreams, completed an ironman and created the most fulfilling life I'd ever lived - while the pandemic was happening.

The big thing that kept me alive and going (other than hope) was a deep understanding of mindset, mental health and fulfilment and now I get to work with clients and share those learnings to give them the tools to free themselves of limiting conditions to find their potential, purpose and fulfilment.



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WHAT BLAKE DOES

BLAKE WORRALL-THOMPSON is one of Australia's leading lifestyle and mindset coaches.

Having spent the last 17 years in the coaching space, Blake's unique and innovative coaching style is a catalyst for fast tracked transformations for his clients.

The success of Blake's clients has seen him work with thousands of people from all different backgrounds.

Blake helps people free themselves of limiting conditions to find their potential, purpose & fulfilment in life. 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 wisdom, methods and learnings to go with his radically honest approach.



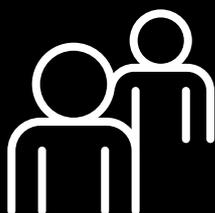
Lifestyle & Mindset Coaching



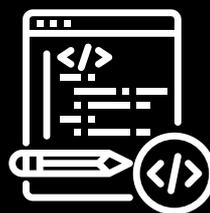
Podcast Guest



Public Speaking



One on One Coaching



Online Programs



Retreats & Live Events

03

ONE ON ONE COACHING

Blake works with this clients to help them master their mind so they can live the life they want and break through the barriers that has been holding them back from having it all.

Working with Blake will open you up to a world with no limitations, aligning & redesigning your subconscious to drive nothing but fulfilment in every area and break through the barriers that are holding you back.



THE BENEFITS



MORE FULFILMENT

My programs are designed to help you get more out of life. We dive into your limiting beliefs and provide a supportive community to help you reach a new level of you.



REMOVE BLOCKS

We work together to remove the blocks that are holding you back from living the life you desire. These can be unconscious blocks that I support you to shift and unravel.



BECOME LIMITLESS

Limitless is a state where your past does not define you, your power lies in the present, with excitement for what's to come

04 LIMITLESS

Limitless is a 10 week online program designed to fast track your personal development.

This methodology is created to help you collapse time from where you are to where you want to be. It's everything I wish I had known early, combined with the power of community and accountability.

It's the tools to help you breakthrough the barriers so you can start living an authentic and aligned life.

05 TRYBE

Trybe is a 12 month mastermind where we take a deep dive into the key areas of your life, and focus on the foundations that are holding you back emotionally, spiritually, physically and mentally.

We lean on Blake and our team of experts to bring us the most up to date, transformational tools & teachings. Through the power of accountability and community we create your life by design.

06 MOMENTUM

MoMENTum's mission is to create generational change by facilitating environments that educate, support and empower men to improve the quality of their lives.

We believe that cultivating the balance between resilience (backbone) and emotional intelligence (heart) is the key to the modern man.

Using our combined range of different backgrounds, experiences and skill sets, we are collaborating to provide; Online Courses, Educational Resources, workshops, our Online Men's Community, in person group meetings, a Live Interview Series, retreats and corporate packages to help men to be the best that they can be.



07 PODCAST + SPEAKING

Topics:

Mastering Yourself

Finding Fulfilment

Deep Self Discovery

Purpose, Passion & Performance

Living A Life By Design

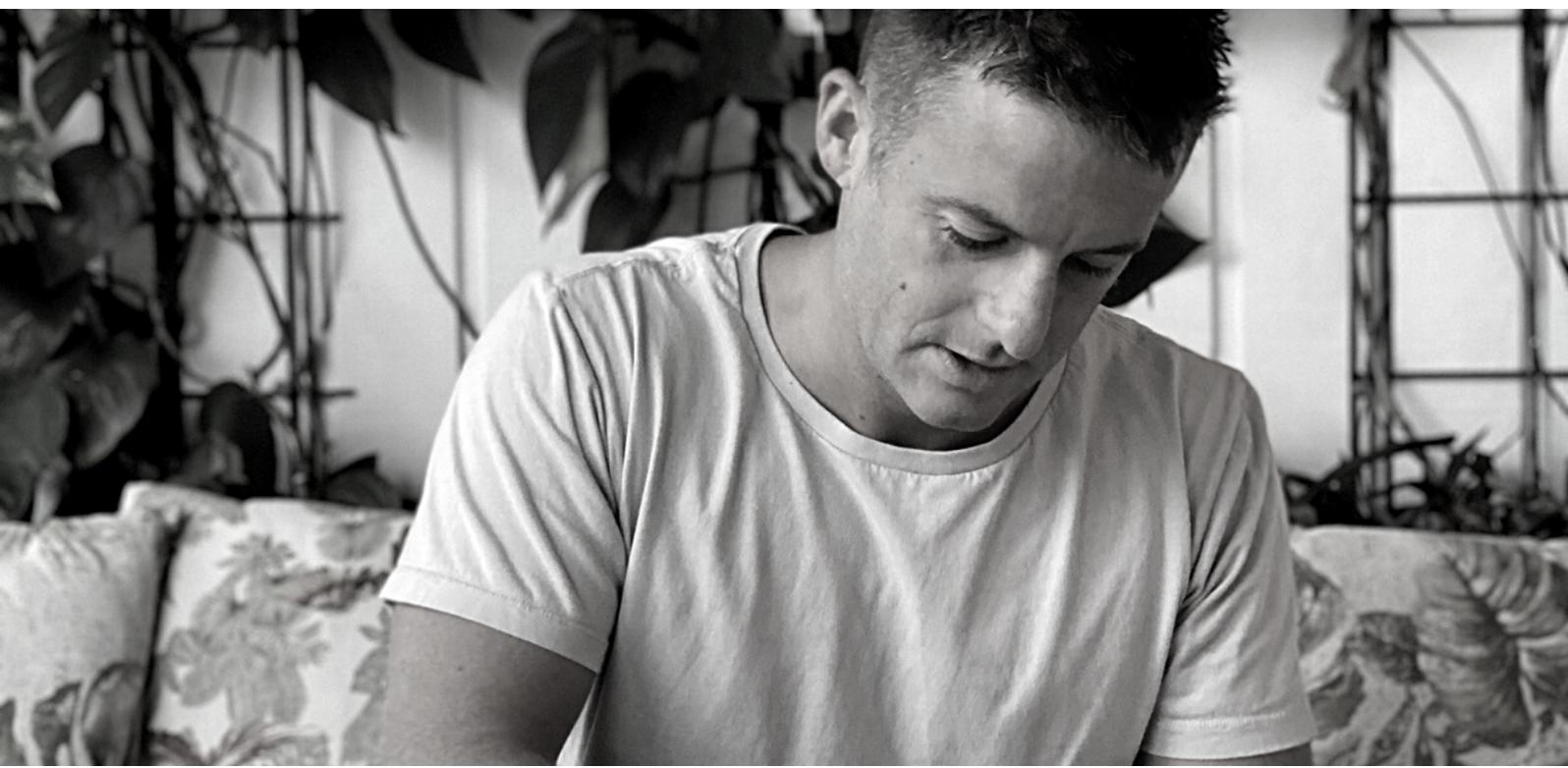
Unlocking Your Potential

Limiting Beliefs

Overcoming Adversity

Want Blake to speak on something different?

Email blake@blakeworrallthompson.com 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

The Sun-Herald

BODY+SOUL

nine
com.au

GRAZIA

Women's Weekly

PODCAST + SPEAKING

Podcasts Blake has been featured on:



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WANT TO CHAT?

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