



DAVID LEE



MEDIA KIT 2025

- **Mind & Body Coach**
- **Work-Life Balance Expert**
- **Author and Keynote Speaker**
- **CEO/Founder of Leeway Mind and Body Mastery**

COACHING & GUIDING BUSINESS LEADERS, & EXECUTIVES TO BE SELF- EMPOWERED



EXECUTIVE COACH AND HIGH-PERFORMANCE EXPERT.



DAVID LEE IS AN EXPERIENCED COACH, SPEAKER, AND AUTHOR WITH A CAREER SPANNING OVER 20 YEARS IN PERSONAL DEVELOPMENT. HE FOUNDED LEEWAY MIND AND BODY MASTERY, A COACHING AND TRAINING COMPANY BASED IN MANLY, ON SYDNEY'S NORTHERN BEACHES OF AUSTRALIA.. DAVID IS HIGHLY REGARDED FOR HIS EMOTIONAL INTELLIGENCE, AND NLP EXPERTISE. HE ASSISTS CLIENTS IN OVERCOMING THEIR LIMITING BELIEFS, BY CULTIVATING A GROWTH MINDSET, AND VISUALIZING A CLEAR FUTURE THROUGH GOAL SETTING, BEHAVIOURAL SHIFTS, HABIT BUILDING, AND VISUALIZATION. DAVID IS ALSO A HIGHLY SOUGHT AFTER SPEAKER, IN THE AREA OF WELLNESS AND WORK-LIFE BALANCE. HE IS THE AUTHOR "IS YOUR BOSS MAKING YOU SICK?" THE EIGHT E'S OF EQUILIBRIUM TO MASTER WORK-LIFE BALANCE.

HAVING SPENT SEVERAL DECADES LEADING SALES TEAMS IN THE CORPORATE WORLD OF MEDIA, DAVID UNDERSTANDS THE SIGNIFICANCE OF TEAM CULTURE, COLLABORATION AND CREATIVITY ACHIEVED ONLY THROUGH POSITIVE AND EMPOWERED PEOPLE. HE ALSO WORKS WITH BUSINESSES TO EQUIP THEIR TEAMS WITH BETTER SALES SKILLS AND CLIENT-FOCUSED STRATEGIES TO IMPROVE THEIR PERFORMANCE AND PROFITABILITY

INTERNATIONAL AUTHOR

**IS YOUR BOSS
MAKING YOU
SICK?**

THE 8 **E'S OF EQUILIBRIUM**
TO MASTER
WORK-LIFE BALANCE

DAVID LEE

“IS YOUR BOSS MAKING YOU SICK?” offers a transformative look at eight powerful mind-body principles that can bring deeper presence and greater awareness into one’s daily life.

The 8 E's of Equilibrium for leisure time are habits to ensure we stop wasting time and unlock the secrets to making the most of every precious moment. In today's fast-paced world, getting caught up in the hustle and bustle of work is easy, leaving little time for leisure activities. However, balancing work and play is crucial to achieving a meaningful and bountiful lifespan and health span. By following these principles, one can experience a transformative shift in their mindset, bringing deeper presence and greater awareness to their daily life, making them more productive at work.

AREAS OF EXPERTISE

- **Work-Life Balance Self Mastery:** Combining the principles of mind, body and life to harmonise your work with your personal life.
- **Resilience and Overcoming Adversity:** A stoic framework that transforms adversity into opportunity.
- **The High Performers Playbook** in Self-Mastery and how to go from Great to Phenomenal in any aspect of life.
- **Mastering Daily Habits:** Getting out of your own way by adopting self-discipline and consistency will ensure success in every moment of our day.
- **Sales Leadership:** Understanding power dynamics and applying positive team culture in boardrooms to create win-win results for clients through effective listening and communication strategies.
- **The Mindset Manifesto:** Learn to master your mind, eliminate self-limiting beliefs, and achieve your goals with confidence.



HOW WE CAN WORK TOGETHER

- **Keynote Speaker at Corporate Conferences (In-person)**
- **Inspirational Group Presentations (Virtual or In-person)**
- **1:1 Individual Executive Coaching and Development (Virtual or In-person)**
- **Interactive Workshops (Virtual or In-person)**
- **Develop and Lead Bespoke Corporate Retreats (in-Person)**
- **Team Bootcamp, Punch through Lunch Boxing sessions**

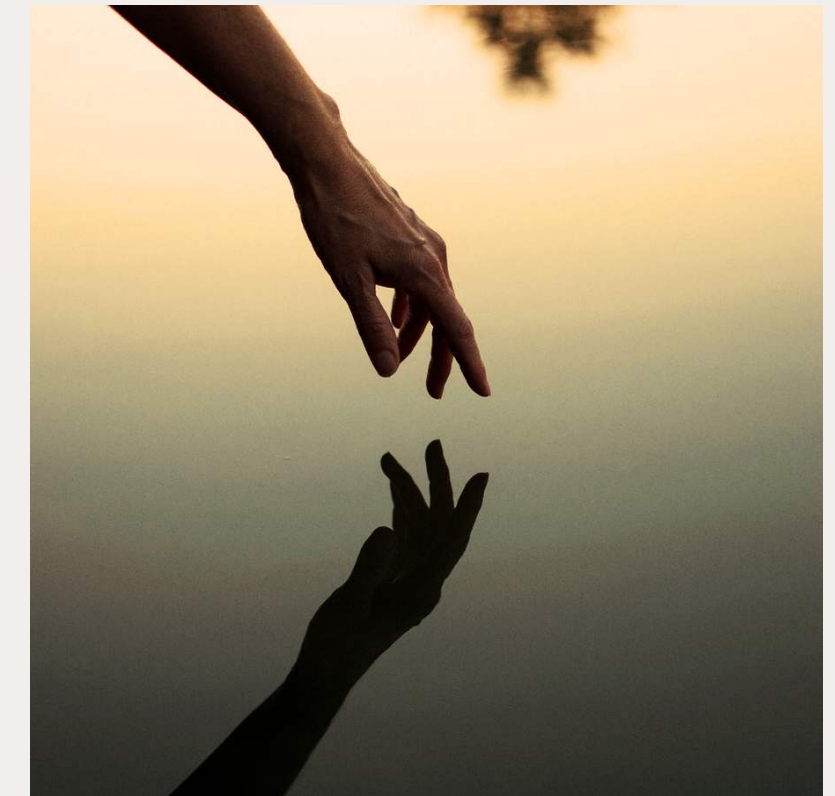
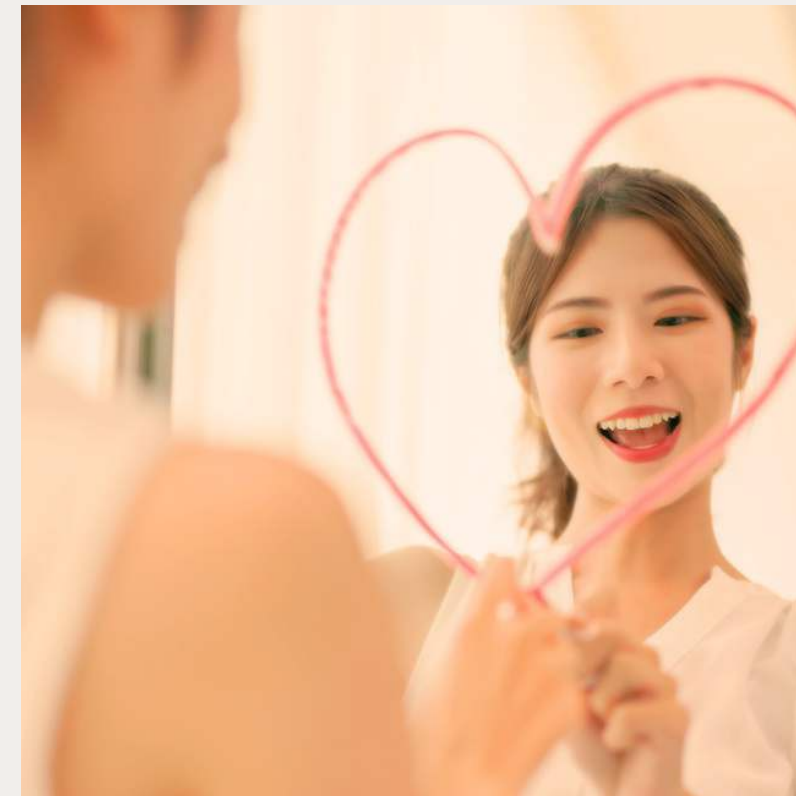
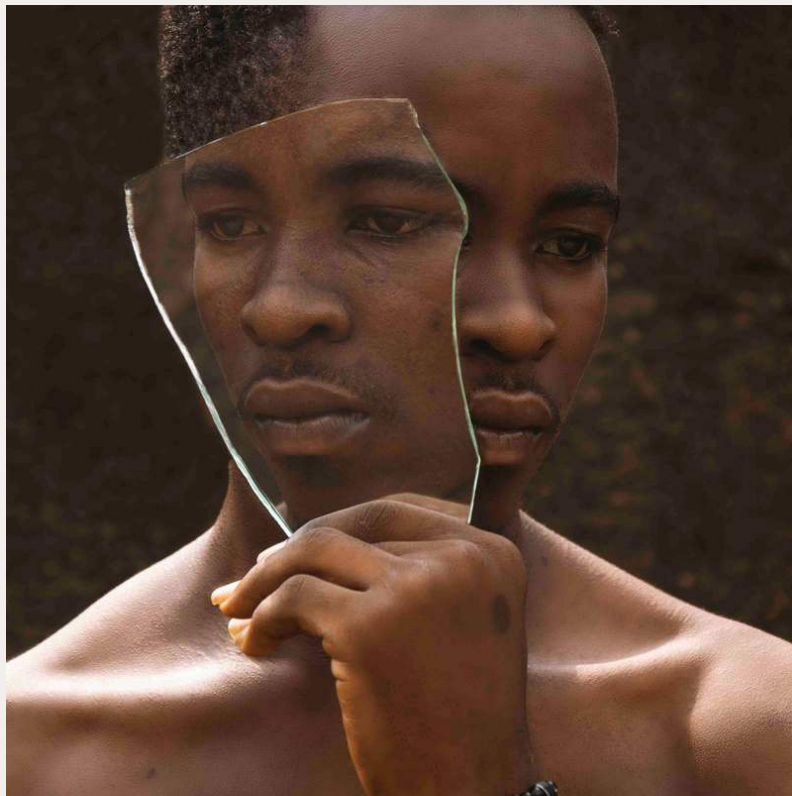
Self-Mastery Values:

Stewardship Agency Gratitude —————



WHY WORKING TOGETHER IS GOOD FOR YOUR BUSINESS?

WHEN PEOPLE FEEL CONNECTED, INSPIRED, AND CONFIDENT ABOUT THEIR PLACE IN LIFE, THEY SHOW UP TO WORK WITH ENTHUSIASM, UTILIZING THEIR BEST ATTRIBUTES TO DRIVE YOUR BUSINESS FORWARD.



WHAT OTHERS ARE SAYING ABOUT DAVID LEE



Kellie Romeo

17 reviews · 5 photos

★★★★★ a month ago

If you're feeling unmotivated, if you feel like you're 'stuck'. David is the person to get you going, physically and mentally. Not only does David assist in tackling your physical goals, he also works on your mindset along with diet and as a whole working towards your goals. He gives you clarity which turns to motivation. I highly recommend David if you're ready to take the next step!



Cam M

1 review

★★★★★ a month ago

As soon as I first met David, I knew he was exactly who I had been searching for. He is engaging, inspiring, and very helpful. After working with him for many years, I feel my life continues to improve and evolve. His mentorship and wise words have been inspirational to me personally, professionally and at home with the family. Working with David is an excellent opportunity for anyone seeking daily motivation, wanting to take that next step in life or career, or simply trying to improve their quality of life.



hana ayoub

4 reviews · 2 photos

★★★★★ a month ago

David is a great body and mind coach. I completed his body and mind mastery training, which helped me achieve physical and financial goals and create great habits for life! Thanks, David for your mentorship and support.



Zach Mason

1 review

★★★★★ a month ago

David's experience and wisdom have helped me to become a better father, employee and human being in general. In a short amount of time he was able to cut through the clutter that was present in my life and help me to focus on what I truly want and need. I'm grateful to have found you David and have no doubt that I'll be continuing to grow and share my successes with you for years to come.

← Reply

👍 Like

WHAT OTHERS ARE SAYING ABOUT DAVID LEE

WE'VE RECEIVED SO MANY POSITIVE COMMENTS FROM OUR EMPLOYEES DAVID. A COUPLE OF THEM SAID IT WAS THE BEST MOTIVATIONAL TALK THEY HAD EVER ATTENDED. THANK YOU FOR ALWAYS BEING SO INSPIRATIONAL. WE LOOK FORWARD TO WELCOMING YOU BACK.

LEANNE BLANCKENBERG - GENERAL MANAGER, CORPORATE
COMMUNICATIONS
BMW GROUP AUSTRALIA



By adopting The 8 E's framework and mindset I was able to confidently overhaul my habits and refocus my time & energy to have a better work-life balance. David's guided approach really helped me understand the course content and apply it to my own circumstances. I found his teaching manner incredibly warm, reassuring and inviting. If you are looking to take back control of how you live your life and feel at ease within yourself, then I would recommend this course for you.

Hana Ayoub, Senior Executive, Finance Industry.

GET IN TOUCH

DAVID@LEEWAY.COM.AU

0410 485 700

WWW.MINDANDBODYMASTERY.COM.AU

