

DYLAN ROOS

**SPEAKER
MENTOR
COACH**

MEDIA KIT



||

**I BELIEVE IN COLLABORATION AND
CULTIVATING STRONG CONNECTIONS
OVER COMPETITION. WE'RE HERE TO
HELP AND SUPPORT ONE ANOTHER
AS WE WORK TOWARDS TO SAME
GOAL!**

DYLAN ROOS



**"EMPOWERING
INDEPENDENT YOUNG MEN
TO FIND THEIR POWER,
PASSION AND PURPOSE"**

WHO IS DYLAN ROOS?

I am a certified Integrative Nutrition Health Coach and Master NLP Practitioner. I have been fortunate enough to have lived my entire life surrounded by elite athletes within the Australian sporting world. Using this knowledge I have accumulated, along with my passion for helping others, I am a dedicated Masculinity coach. I grew up and spent the majority of my life in Sydney under the guidance of my dad Paul; a retired AFL Hall of Fame player and Premiership Coach, and mother Tami; one of Australia's leading Wellness consultants.

I went to International College of Management and graduated in 2015 with an Associate Degree in Business Management. As part of his course curriculum I undertook an internship for Elite Sports Properties. Here I once again navigated the world of high performing individuals and the importance of setting goals, having a positive mindset, and leading a healthy and active lifestyle; all components to being not only happier but more successful in any walk of life.

Having been very fortunate to travel extensively, I have had the opportunity to not only explore other cultures and ways of life but to see fundamentally that everyone regardless of region, socioeconomic means, race, religion, gender, etc... truly wishes to be happier and lead fulfilling and engaged lives.

I now work exclusively with young men through my Prince To King Mentorship program. It's my greatest passion; empowering independent young men to find their power, passion and purpose by transforming them from Princes to Kings.

DYLAN ROOS



SCHOOL TALKS

TALKS FOR STUDENTS

Dylan can run a multitude of programs for your students. From emotional intelligence and well-being workshops to leadership, habits and value based critical thinking exercises. Dylan works with you and your school needs to develop running workshops throughout your school term and/or year to ensure that your students get the very most value out of the material and knowledge Dylan has to offer.

TALKS FOR TEACHERS

Dylan will sit down with your teaching staff to focus on THEIR well-being, THEIR mental health and the boundaries they need to put in place to ensure they can be the best version of themselves, to better show up in the workplace. With so much emphasis on well-being and student well-being, we often forget that we must first look after ourselves and ONLY then can we look after others. These sessions will help teachers and staff show up better for themselves so they can show up better for their students

TALKS FOR PARENTS

Learn about mental health and wellness with a specific focus on the role parents play in the lives of their children; how boys and men feel shame and what we can do to help overcome these problems. Dylan engages with your parent community in nights designed to open up a dialogue around supporting and empowering the youth of today.

TALKS FOR STUDENTS

TALKS FOR TEACHERS

TALKS FOR PARENTS

KIND WORDS FROM CLIENTS

”

"My experience with the Prince to King mentorship has already helped me immeasurably in finding my purpose, my values, and overall shaping me into the man I want to be. Dylan has guided me in managing elements from all parts of my life such as priorities, time and emotions. I have also been provided with a large support group made up of other boys who I can rely on at any time. I am 19 years old and highly recommend this program to any young men looking to better themselves"

SPEAKING TESTIMONIAL

**DYLAN
ROOS**

DYLAN ROOS



CHOOSE FROM INTERACTIVE WORKSHOPS OR SPEAKING ENGAGEMENTS THAT ARE CUSTOMISED TO YOUR TEAM.

CORPORATE TALKS

TALKS FOR STUDENTS

So much in today's business world is about the bottom line, we often forget the most valuable aspect of our business; our employees! They come in day in day out putting in the man hours for the business to run as smooth as possible.

There is so much mis-information regarding the health and well-being field that people in all walks of life find it too hard, too confusing and too expensive to live healthy. When we sacrifice our health we not only damage our bodies but we slowly lose the ability to work at our highest potential! We feel run down, we get sick, we take a day or two off work to feel that 10% better, to then go back to work and run ourselves back into the ground, BUT we don't have to feel this way.

Dylan has a range of topics he can delve deep on for your business and your employees. Dylan brings together years of study in the fields of mental and physical health, nutrition, mindset, connection and vulnerability as well as his experience from years of work in the men's health space to deliver immense value to your organisation.

Delivered in the format that best suits you and your needs: whether that is an interactive workshop or a simple speaking engagement.

DYLAN ROOS

PODCAST TOPICS

UNDERSTANDING MENTAL ILLNESS



WAYS TO IMPROVE YOUR MENTAL HEALTH



IMPORTANCE OF VULNERABILITY AND EQ



LEADERSHIP/DEVELOPING A PERSONAL BRAND



MASCULINITY



DEVELOPING OUR YOUNG MEN



DEVELOPING RESILIENCE



MAINTAINING STRONGER & CONNECTED RELATIONSHIPS



MY JOURNEY DEVELOPING MY OWN IDENTITY OUTSIDE OF ROOS NAME.



DYLAN ROOS

SPEAKING CLIENTS

||

Dylan has a range of topics he can delve deep on for your business and your employees. Dylan brings together years of study in the fields of mental and physical health, nutrition, mindset, connection and vulnerability as well as his experience from years of work in the men's health space to deliver immense value to your organisation.

Delivered in the format that best suits you and your needs: whether that is an interactive workshop or a simple speaking engagement.

SPEAKING TESTIMONIAL

SIU Southern Illinois
University
CARBONDALE

BEAUTIFUL MIND
EDUCATE • INSPIRE • ENTERTAIN

 **lululemon**



The Scots College
Sydney Australia

DYLAN ROOS

PODCAST GUEST ON



DYLAN ROOS

**WANT DYLAN TO
SPEAK AT YOUR
NEXT EVENT OR
FEATURE ON YOUR
PODCAST?**

CONTACT DYLAN

performance@dylanrooscoaching.com

0447008740

www.dylanrooscoaching.com