

## Tim Bean

Healthcare Guru and Author

If you're in the business of brainpower, you should know the "Merciless Mr. Bean." Heralded as one of London's top health gurus by the *Telegraph*, *Evening Standard*, *London Magazine*, *Tatler*, and the *Times*, he has also presented on GMTV, Discovery Health Channel, Sky TV, and CBS News. A best-selling author, Tim wrote *Turn Back Your Age Clock* and *The Wealthy Body in Business*. Lean, mean change-maker and longevity expert, Tim Bean, has advised them all on protecting, restoring, and igniting their teams' competitive edge: training high-achiever bodies and brains to perform at Formula 1 levels.

Tim speaks with the credibility from personal triumph over his own health issues, backed with true authority from decades of professional practice in solving the health concerns that often derail high performers. Years ago, Tim weighed over 120 kilos - morbidly obese - and was stunned when his physician told him he wouldn't live to see his 30th birthday. That wakeup call launched Tim on a new trajectory - and almost certainly saved his life. He's since built a reputation with top-performing executive teams in financial services, consulting, legal and professional services firms from London to Frankfurt, Paris, Hong Kong, Singapore, Sydney, Los Angeles, New York, Boston and more.

Despite the nickname and serious credentials, there's a lighter side to the Merciless Mr Bean...Audiences say Tim's talks are filled with "hilarious stories that are as inspirational and informative as they are funny. He really made me think, and I mean that in a good way. I'm amazed that no-one ever talks about this..."

An experienced, passionate and eloquent speaker, Tim is a graduate of the Bill Gove Corporate Speakers Programme (USA), a member of the Professional Speaking Association (UK) and the Global Speakers Federation. Tim is on the Senior Educator faculty for Duke Corporate Education, and lectures at corporate events, medical conferences and business universities around the world. Tim has fronted public health campaigns led by The National Heart Foundation, the Crown Public Health Authority - and yes, even McDonalds!