

# MEET TORY TREWHITT



Tory Trehwitt is a powerhouse in executive wellness and high-performance coaching. With a career that spans the Australian Institute of Sport, the Victorian Institute of Sport, and a thriving coaching business, Tory brings decades of experience in helping individuals—from elite athletes to media professionals—unlock their physical and mental edge.

He is the founder of **Tory Trehwitt Executive Health Coaching**, established to help leaders and organisations achieve sustainable well-being and peak performance. Tory is also the author of the bold and transformative book, ***Blokes Inc: Play a Bigger Game***, which redefines what it means to be a high-performing modern man in today's world.

## SPEAKING TOPIC

### **“Blokes Inc: Play a Bigger Game”**

A no-BS conversation about growth, grit, and redefining masculinity in leadership and life.



In this powerful keynote, Tory shares real-life stories, performance strategies, and personal insights to challenge men—and those who lead or live with them—to elevate how they show up at work, at home, and in their health.

## **Key Takeaways:**

- The mindset shift from ‘survival mode’ to ‘thriving mode’
- Reframing masculinity for impact and authenticity
- Daily habits for sustained physical and mental performance
- How to lead yourself first—so others will follow
- Why vulnerability is the secret weapon for strong leadership

## WHY BOOK TORY?

- ✓ Proven results with CEOs, teams, athletes, and media talent
- ✓ Dynamic, relatable, and energising speaker
- ✓ Passionate about empowering men and leaders to live bigger, fuller lives
- ✓ Speaks to both men's issues and broader organisational wellbeing

## ABOUT THE BOOK

**Blokes Inc: Play a Bigger Game** is a fresh, gutsy guide for men who want more out of life. From physical health to personal accountability and emotional intelligence, Tory calls men up—not out—to take ownership of their lives and lead with courage.

## BOOK TORY FOR YOUR NEXT EVENT

Whether it's a corporate conference, leadership retreat, men's health event, or team development day—Tory delivers impact, humour, and real talk.

## CONTACT

- ✉ [info@torytrehwitt.com.au](mailto:info@torytrehwitt.com.au)
- 🌐 [torytrehwitt.com.au](http://torytrehwitt.com.au)
- 📍 Australia based | Available to speak globally

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