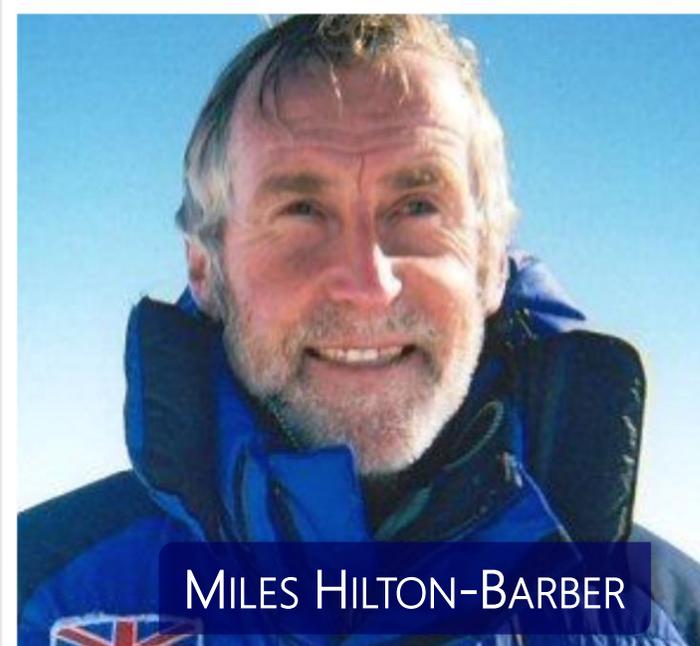




ENERGIZING
THE BUSINESS ATHLETE®

THERE ARE MANY FAMOUS NAMES AMONGST THE LIST
OF CLIENTS PERSONALLY CONSULTED BY MARK. SOME
WHO ALLOW HIM TO USE THEIR NAME CAN BE FOUND
ON THE NEXT PAGE.



MILES HILTON-BARBER



MIKHAÏL GORBACHEV



PRESIDENT NAZARBAEV



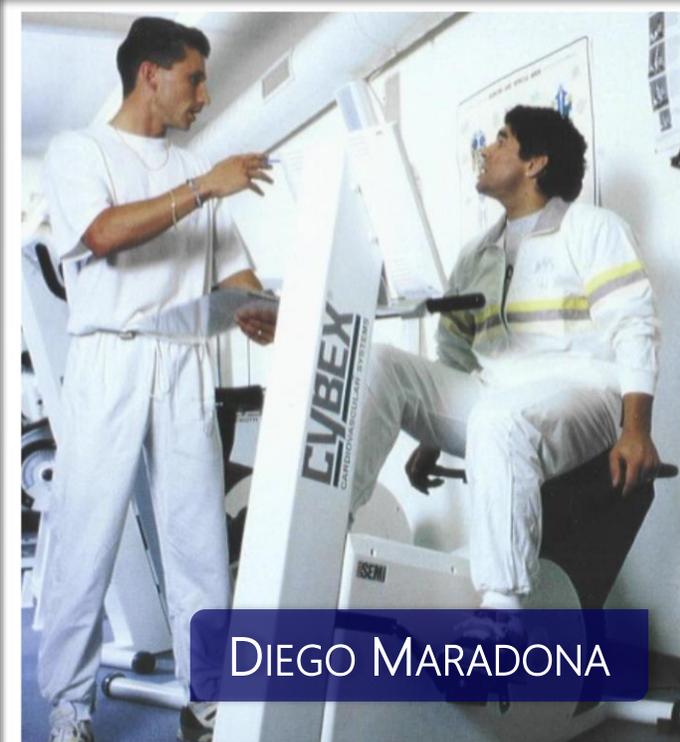
JERRY HALL



DAVID FURNISH



DAVID PLATT



DIEGO MARADONA



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TESTIMONIALS

WHAT OUR CLIENTS SAY

“
Mark is totally dedicated to his profession. Not only is he a leader in his field but he is also the living example of what he teaches.
Highly inspirational, credible, and very well organized.

Nicholas Galtos, Owner/CEO Wall Street Institute Switzerland

“

Mark is a true inspiring coach and athlete! Most business people would benefit to take a moment with him to realize what really matters most, and how to live a more balanced life. In addition, how to be more productive and effective, both professionally and privately. We, the Greater China Leadership team, will never forget the great time we spent with him!

Jean-Christophe Coubat, Assistant Vice President at Nestlé SA

“ I’ve had the pleasure of working with Mark in Switzerland and there are few who can bring ideas about living as a “Business Athlete” to life better than him.

Dil Sidhu, Vice Dean, Columbia Business School, Executive Education

“

Mark delivers seminars in an engaging and dynamic fashion. He “walks the talk” and therefore comes across as credible and well informed. His affable style makes it a pleasure to work with him.

Paul Hunter, Corporate Learning Network Director, IMD Business School

“ Working with Mark has changed me for good. His challenging style combined with his holistic approach has allowed me to find a level of health that I haven't had for over 20 years.

Roland Decorvet, CEO, Philafrica Foods (PTY) Ltd

“

As the Leadership Program Director in the Nestlé Corporate Training Center, my primary objective is to make sure that the impact we have on the future Leaders of our company is both measurable and - more importantly - highly efficient.

With this aim in mind, I've been collaborating for several years now with Mark Guilbert in our top Leaders education and his unique approach is a game changer in the mind of our participants. No Leader acts or behaves in the same way after participating in one of his training workshops! Mark has the ability to communicate key, simple messages that touch a Leader's heart and soul in a remarkable, and direct way.

Bertrand Rajon, Leadership Program Director, Nestlé Corporate Training



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“Mark is a truly amazing person.

Willem Mutsaerts, Senior VP, Givaudan SA



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“Your message is one of the most relevant to busy executives I have ever heard!

Miles Hilton-Barber, Blind Adventurer & Int'l Motivational Speaker



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Just a quick note to thank you for the two days of training in Shanghai with my team. The feedback is excellent and the commitment of the team to implement what they learned is high. I have recommended your program to my contacts!

Gilles Duc, Country Business Manager, Nestlé Sources Shanghai

“ Mark is a coach we call upon regularly. His knowledge, experience, and excellent communication skills help us to bring health and wellness closer to our employees. With his enthusiasm and humour, Mark Guilbert speaks from an unexpected, eye-opening and compelling angle.

Claudia Thumm, Head of Human Resources, Zone AOA, Nestlé

“ The course was a real breakthrough for me in terms of having a global picture of what being healthy really means. As a result, it changed my mind and my unproductive habits. Thank you!

Valery Ermakov, COO, Megafon Russia



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“

Mark's passion and knowledge are truly impressive.

Michelle Corder, Commercial & HSE Assistant, Trans Adriatic Pipeline

“

I found training with Mark was very motivational. He encouraged me both mentally with his knowledge and ability to provide variety, both in terms of training generally and the constant rehab work needed for a professional footballer after he has had surgery. I still use many of his ideas now, both for myself and with the group of players I have at my disposal both at Nottingham Forest Football Club and the England U-21 Squad.

David Platt, Former Professional Football Player & England Captain

“ I just wanted to give a quick feedback on the excellent training I attended last week. Physical exercise, nutrition & sleep are immensely important factors for all of us to be efficient in both our professional and private life. The training provides many concrete and easy applicable tips on how to improve these factors and thus our overall quality of life. As the leading NHW Company, employee health should be one of Nestlé’s priorities. After all, we’re all Nestlé ambassadors to the outside world and how can we generate trust in the nutritional value of our products, if we cannot take care of our own wellbeing. I hope many more colleagues will be able to attend this very useful training.

Marek Hannes, Procurement Manager, Nestlé China Ltd



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Honestly, I cannot thank you enough for your inspiring words and your practical advice and solutions. Your session gave me the gift of a whole new lifestyle, thank you so much.

Laura Archer, Manager, Nestlé Business Excellence

“ I want to thank you one last time for such an inspirational speech in Vail. It really hit me, and I have made so many changes in my life, on a personal and professional level. What you do is so powerful, and you really change lives, and I feel so blessed to have been part of that. I am so glad that our paths have crossed, my life will never be the same, and I will be eternally grateful to you Mark.

Luciana Ruggiero, Project Manager, Nestlé Nespresso U.S.A.



“ I met Mark during a Senior Leadership course four years ago. His program, Energizing the Business Athlete® was a real eye opener for me. Mark’s teachings transformed my life. His simple sleep, nutrition, and physical activity recommendations have had a remarkable impact on my daily energy levels, cognitive functioning, and my ability to manage stress. I used to consider physical activity and eating good nutrition as a self-discipline exercise, another “I have to do”. Now I really enjoy exercise and feeding my body with healthy nutrition. Mark’s “less is more” approach is so easy to follow. Moreover, it’s very encouraging to see how quickly you make progress and, more importantly, experience the results, which in turn is a remarkable source of energy and strength. They put you on a virtuous circle of self-improvement.

AL, Business Executive and mother of two