



michael ekert

living**in**balanceTM

Protect your energy.
Elevate your performance.





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The Keynote Promise

Performance starts with energy.

In today's fast-paced world, it's easy to run on empty. Living in Balance invites audiences to rethink the habits and choices that shape their energy, focus and wellbeing, creating a foundation for greater resilience and sustainable performance.

Key Takeaways

- ✓ Protect energy to perform at your best
- ✓ Strengthen focus in a distracted world
- ✓ Build resilient daily habits
- ✓ Make clearer decisions under pressure
- ✓ Prevent burnout before it begins

What They Say

"Michael's approach to engaging with his audience was a clear point of difference."

Michael Robbins
Partner



Why Balance Matters

Most people don't need more time. They need greater awareness of what drains and restores their energy. Living in Balance reveals the everyday habits that shape focus, resilience and performance, inspiring small changes that lead to lasting results.

About Michael

For more than 30 years, Michael has explored the patterns that shape how people think, work and perform. His keynotes turn those observations into practical insights people can apply every day.

Audiences leave with fresh perspectives, practical habits and renewed confidence to perform at their best.



Because your energy shapes everything else.

Let's Start the Conversation:

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