



## TIM BEAN

NSCA, FLN, CS

Executive Longevity Specialist

📞 UK +44 79 4732 9696  
SG +65 8319 9855  
NZ +64 2208 17215

✉ physique@iopm.co.uk

🌐 www.iopm.co.uk

### 'Top Speaker' Awards:

World Business Capability Congress

5th World Management Forum

Health & Wellness at Work Conference

***"Great job! We loved working with you and we have a happy client — what could be better? You hit the right level with these guys, not at all preachy, very practical & very calibrated to their lives."***

Rosemary Mathewson, Managing Director,  
Duke Corporate Education

**IOPM** INSTITUTE OF  
PHYSIQUE  
MANAGEMENT

***"...engaged, shocked and 'wowed' the audience!"***

World Business Capability Congress

## ABOUT TIM

If you're in the business of brainpower, you should know the "Merciless Mr. Bean."

Professional racing drivers, social high-flyers, and too many CEOs, CFOs, Managing Directors and VPs to count.

Lean, mean change-maker and longevity expert Tim Bean has advised them all on restoring and protecting their teams' Hard 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.

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..."

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 'The Hard Edge' for executives, and its counterpart 'The Wealthy Body'® for businesspeople and entrepreneurs, built on core concepts like The Alpha Advantage and Cerebral Capital™.

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.

Columnist, co-host of the globally- televised "Turn Back Your Body Clock" and co-author of Turn Back Your Age Clock, and The Wealthy Body in Business, Tim has fronted public health campaigns led by The National Heart Foundation, the Crown Public Health Authority - and even McDonalds!

## TESTIMONIALS

- ***"Truly revolutionary, on many levels..."***  
Dame Amelia Fawcett, DBE
- ***"Exceptional, dynamic...and hugely popular!"***  
Combined Institute of Chartered Accountants, London
- ***"An outstanding session!"***  
UBS, Singapore
- ***"Insightful and inspiring."***  
Citigroup, London
- ***"One of the best - a stellar job!"***  
UBS, Hong Kong
- ***"The best advice I ever heard."***  
CEO, London
- ***"This information has never been presented before in such a convincing and comprehensive way..."***  
KM, CEO, London
- ***"Smart and funny...!"***  
Athena Conference, London
- ***"Tim was brilliant...!"***  
Institute of Directors, London
- ***"The highlight address of the day."***  
Dr. John Searle, OBE, Health & Wellbeing at Work Conference
- ***"Probably the world's most sought-after physique specialist"***  
GMTV, London
- ***"Worth every cent."***  
ANZ Bank, NZ
- ***"One of the best speakers I've ever worked with."***  
Sepehr Taverdian, International Conference Organiser.
- ***"Best presentation I've heard for a long time."***  
Morgan Stanley, London



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## SPEAKING TOPICS

### Are You In The Business Of Brainpower?

When cerebral capital™ is your firm's competitive advantage, what's next?

### Hunters & Gatherers In The Corporate Jungle

How high achiever teams maximize the brain-body connection for business results and personal reward

### The Wealthy Body in Business

Earn more money by being in better shape. The things that no-one talks about...

### Turn Back Your Age Clock: What The Kardashians Wish They Knew...

Write your own prescription for the world's most powerful drugs: health, vigour and longevity!

## REVIEWS

*"Very impressive, highly effective programme that increases the performance of high fliers in organisations like ours."*

Dame Amelia Fawcett, Vice-Chair & COO Morgan Stanley, Bank of England Board of Governors

*"Some speakers are good - some are great. Tim fits into the "exceptional" category. His keynote was dynamic and hugely popular!"*

Elizabeth Welch, Combined Institute of Chartered Accountants, London

*"This really struck home. When so much of what we rely upon happens in our heads as business people, it's not something we ever think about seriously! This seminar was powerful and challenging, and you just sit there thinking, "I have no answer for that."*

Curtis Adams, CEO, London

*"Tim delivered the highlight address of the day: well informed, evidence based, dynamic, entertaining and delivered with panache and style."*

Dr. John Searle, OBE, Health & Wellbeing at Work Conference

*"Tim interacts with very senior people in a respectful but challenging manner that is highly effective. His presentation was insightful and inspiring."*

Global Head of Equities, (Investment Bank), London

## RECENT APPEARANCES

Available worldwide for keynotes and corporate presentations, including simultaneous translation events.

### Conference Keynotes

- European Spa Conference  
London
- Health & Wellness @ Work  
Conference, London
- KEA  
London
- World Management Forum  
Middle East
- World Medical Anti-Ageing Congress  
London
- World Business Capability Congress  
New Zealand

### Corporate Presentations

- UBS  
Hong Kong and Singapore
- Foster Denovo  
London
- ANZ Bank Wellness Week  
Auckland and Wellington
- Citibank  
Hong Kong & New York City
- Shell  
The Hague, Netherlands
- "Smart and funny...!"  
Athena Conference, London

**citibank**

**NOMURA**

**UBS**

**Goldman Sachs**

**Duke** CORPORATE EDUCATION

**CREDIT SUISSE**

**Morgan Stanley**

**Bank of America Merrill Lynch**

**MUFG**

**MDL**

**STATE STREET**

**RAC**

**Deutsche Bank**

**HSBC**

**sjberwin**

**the athena network**

**celador radio**

**ID**

**accenture**

**ALLEN & OVERY**

**ABN-AMRO**

**The Westover**