

ENERGISE YOUR TEAM. RETHINK WELLBEING.

KENT JOHNS

AWARD-WINNING BROADCASTER | HEALTH COACH

| CONFERENCE FAVOURITE



"My team is **exhausted**. They're here, but they're not really here."

"Productivity is down, sick leave is up, and morale is in the toilet."

"I know we need to do something about wellbeing, but **I don't know where to start.**"

Sound familiar?

57%

of the workforce now falls within the "**high burnout risk**" category.

Source: Massey University Wellbeing at Work research, 2024

36%

of employees would prefer **better support for their wellbeing** over a 10% increase in salary.

Source: TELUS Mental Health Index, January 2025

The good news is...

For every dollar invested in employee wellbeing, businesses see up to 12x return within a year.

Source: Xero and NZIER, 2021

From BURNOUT to BREAKTHROUGH

A PERSONAL MISSION

Kent Johns didn't plan to become a health coach. Burnout made the decision for him.

During his 20-year career as a broadcaster with Radio Sport, sadly the job he loved became the job that was wearing him out. Exhausted. Indifferent. Headed for a crash.

The turning point? Seeing a dietician. Changing his eating changed his life, with health improvements so profound it sparked his new mission: helping busy professionals find good health so they can thrive.

Now, as a health coach and motivational speaker Kent brings 20 years of live broadcasting experience to the stage - no scripts, no safety nets, just the ability to read any room instantly. He combines that instinct with deep expertise in metabolic health, nutrition, sleep, and habit formation.

Whether your team is sceptical, exhausted, or ready to change, Kent meets them where they are with practical tools that actually work.



Experience & Expertise

Mental Wellbeing Coach

Host of **'Take it
From Us'** podcast

NZ SPORTS

Broadcaster of the Year 2016

FEATURED EXPERT

Radio | Podcasts | News Media

**Men's Health Week
Ambassador**

5+ YEARS

Transforming workplace health across New Zealand



The **Kent Johns** difference.

He brings the energy. Twenty years of live radio means zero boring moments. No two talks are the same because no two audiences are the same.

He makes it actionable. No judgment. No unrealistic programmes. Just sustainable, science-backed strategies busy professionals can actually use.

He keeps it real. Kent shares his own burnout story openly. That vulnerability gives your team permission to be honest about their struggles.

He believes in your people. Kent doesn't lecture – he helps people rediscover their capacity for good health. Sometimes you just need someone to show you the way.



Trusted by New Zealand's leading organisations

From global companies to local franchises – Kent delivers for audiences of all sizes and industries.



Based in
Auckland, New Zealand

Available nationwide (virtual presentations available)

Booking lead time:
6 weeks recommended

(but we'll work with urgent requests)





Kent's Keynote: *From Burnout to Breakthrough*

Kent delivers a powerful keynote that combines raw vulnerability about his own burnout journey with science-backed strategies that busy professionals can actually use. Your audience will recognise themselves in his story – and leave with the tools to write a different ending.

Duration: 60 minutes

WHAT THE AUDIENCE LEARNS:

- Why metabolic health is the foundation everything sits on
- The nutrition, movement and sleep basics that actually matter
- Strategies for reversing burnout and building resilience
- How small habit changes compound results

THE OUTCOME:

Your team walks away with **tools they can implement** immediately – and the **motivation** to actually use them.

INVESTMENT:

Final fee depends on location, audience size, and event format.

Contact us for a custom quote.



Workshop: *The Habit Change Lab*

Go deeper. Get personal. Equip your people with the skills to build health habits that actually stick. The Habit Change Lab is a practical, science-based session where participants learn why habits fail – and how to design ones that don't.

Duration: 60mins – 2 hours

Ideal Group size: 10–20 people

WHAT PARTICIPANTS WILL DO:

- Explore the science of why habits stick (or don't)
- Identify personal habit triggers and patterns
- Design environments that support success
- Create personalised action plans with built-in accountability

THE OUTCOME:

Participants leave with a **clear roadmap for creating habits** that stick and the confidence to execute it.

INVESTMENT:

Pricing varies by duration, group size, and level of customisation.

Contact us for a quote.



Make it yours

Choose your format – or we'll build something custom

THE KEYNOTE	THE WORKSHOP	KEYNOTE + WORKSHOP
60 mins	90 mins – 2 hours	Half-day intensive
Perfect for: Conferences and large events	Perfect for: Leadership teams (10-20 people)	Perfect for: Offsites and away days

NEED SOMETHING DIFFERENT?

- Want Kent to MC your entire event? Let's talk.
- Need quarterly sessions or a longer partnership? We can do that.
- Have a specific industry challenge to tackle? We'll customise.

Contact Laura

✉ laura@kentjohnshealth.co.nz

Who books Kent?

Smart leaders who know their team needs a reset – and want a speaker who won't waste their time.

High-pressure industries where burnout is the norm:

- Healthcare
- Finance
- Technology
- Legal
- Real Estate
- Construction
- Education
- Hospitality
- Service Industries

Leadership teams burning out:

Showing up for everyone else while running on fumes.

Teams showing **fatigue, declining morale**, rising **absenteeism**, or **struggling to retain talent**.

"Kent is a legend – fantastic no-nonsense advice and guidance. The group presentation was the highlight of the day at our conference."

Jeremy Spicer
Group GM | Andrew Simms Motors



"High-energy, a little confronting (in the right way) and deeply relevant. Kent connected with the audience immediately."

Attendees described him as relatable and refreshing—he was comfortable being vulnerable and sharing his own health journey."

I wanted attendees to walk out with renewed energy, feeling seen in their challenges, and motivated to make small, sustainable changes. Kent absolutely hit the brief."

Lisa Young
Consultant | HRHQ



"Kent visits us every second year and always makes a lasting impression. He's down-to-earth and engaging and reminds us how important it is to take care of ourselves, not just individually but as a team. Our staff always leave feeling refreshed, challenged, and better equipped to sustain the demands of the role."

Jared Stein
Principal | KingsGate School



"Kent helped our organisation connect with our people about their health. He ran 4 x 30 min Lunch & Learn sessions which everyone enjoyed, and even better they made changes to drive healthier habits!"

Ceri Rowland
GM People & Culture | Douglas
Pharmaceuticals



Let's Talk

Ready to bring Kent to your next event?

Kent Johns

✉ kent@kentjohnshealth.co.nz

Laura Heathcote

(Business Manager)

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☎ +64 9 242 3037

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