



*"I will inspire, motivate & guide your audience to adopt simple, yet profound changes to dramatically improve their health, better manage stress & live a more balanced, successful & significant life, an absolute win-win for all stakeholders".*

### **Mal Jones – Speaker Bio & Profile:**

You have been tasked with selecting a speaker for your meeting, event, conference, dinner; but you are not sure exactly what you want! Perhaps you want a person with some of the following; someone who;

- has an inspirational & motivational personal transformation story?
- had a successful career in leadership roles at multiple F100 & SME Companies?
- is a serial entrepreneur, started several companies, raised VC funding & sold to an F100 Co?
- redefines 'success' in a way that is transformational for employees & profitable for employers?
- is an experienced business, success, health & life coach?
- is a successful investor in the stock market, real estate and startup business's?
- has an infectious Irish humor that captivates, entertains & motivates an audience to action?
- delivers a clear, raw & deeply inspirational message that motivates an audience to change?

***Why chose! With 'Ice' Mal Jones, you get all the above... and much much more!***

Mal used to start each day tired, stressed & facing a long 'To Do' list; he now starts with movement, meditation & a long cold shower! Then it's coffee outdoors & he's ready for anything the day may bring!

Mal has a clear mission, the catalyst for which was his own dramatic [health & lifestyle transformation](#)...

***"To help Entrepreneurs & Business Professionals better manage stress; to become healthier & happier; and to lead a more balanced life... all while achieving the level of career success & life significance they truly desire".***

Mal Jones, originally from Ireland, is now living in Seattle with his wife Nicole & teenage kids Mia & Sam!

**Core Speech Overview:** (Title is Customizable & can incorporate your specific desired messages);

***"Health is the new MBA - How to become Happier, Healthier and Stronger AND achieve your Professional & Personal goals".***

Mal's talks are raw, from the heart & humorous; an immediately impactful & memorable combination; Mal is motivational, inspirational, educational and deeply insightful. By openly sharing his own deeply personal transformation story, he clearly outlines simple, yet profound, immediately actionable steps Entrepreneurs and Career Professionals can take to ensure they become physically & mentally healthy and dramatically reduce the chronic stress so common in our lives today; Most importantly, he clearly outlines how to do this without compromising the achievement of our professional & personal goals, in fact, dramatically improving our results! He convincingly demonstrates the compelling reasons for all of us to do this, as it greatly benefits all stakeholders; employees, employers, business owners & shareholders! A true Win-Win!

Science has taught us that good Health is key to achieving our goals & that chronic stress is the No. 1 health issue facing entrepreneurs, executives & professional workers; we also know that chronic stress



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leads to disease, missed workdays, lower productivity, anxiety & depression and that addressing chronic stress should be a top priority for all business's, for both economic & human resource reasons.

Mal understands deeply that every single person has a personal story that shapes them, struggles that knock them, worries that consume them, goals that frustrate them, issues that challenge them and true health, happiness & career & business success, that often elude them. Let Mal take your audience on a mindful & memorable journey to the Holy Grail of being Happy, Healthy and Strong, while NEVER having to sacrifice on Professional & Personal goals...

Mal prefers to start his talks with a short Breathing / Mindfulness exercise; this quickly optimizes your audience's openness & receptiveness to learning, allows for a 'transition' from outside stressors such as devices etc. but most importantly, demonstrates the power of 'being in the moment'...

**Mal's Favorite Quote:** ('When he truly understood this, it completely changed his life!').

***"We suffer more in imagination than reality" Seneca the Younger***

**Key Audiences;** Corporate Teams; Executive / Leadership Groups; Entrepreneur Groups; SME Businesses; HR Groups, Health & Business Conferences etc.

#### **Customization, Timing & Pricing;**

##### ***Customization:***

Talks can be customized to integrate your specific messages; (Customization is charged at \$250/Hour):

##### **Timing:**

Mal can deliver a compelling & transformational message in as little as a 15 minute 'After Dinner' or 'Meeting Opening' talk; in an Educational 18-minute TED Talk format; or as a 45-minute keynote;

##### **Pricing:**

**Speaker Fee:** \$1,500 - \$5,000 (Depending on Size of audience and duration of the speech)

**Customization:** \$250 / hour

**Expenses:** Travel expenses (flights, hotels etc.) charged at cost + 10% Admin fee  
Travel Time is charged at \$125 / hour

##### **Contact Mal:**

To discuss your event, you can contact Mal at [mal@icemal.energy](mailto:mal@icemal.energy), or on his cell @ 206-484-5029

You can also fax Mal at... Just Kidding, he left his fax machine with his Flux Capacitor in the 90's!

##### **Key Links:**

[Mal's Professional Background on LinkedIn:](#)

[Mal's Transformational Story:](#)

[Mal's Website:](#)

[Facebook Page:](#)

Mal 'Ice Mal' Jones: 206-484-5029 (Cell): [www.icemal.energy](http://www.icemal.energy) [mal@icemal.energy](mailto:mal@icemal.energy)

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