



# RETIREMENT DOMAIN

R E D E F I N E Y O U R R E T I R E M E N T



## DOC AND NICK SPEAKER PACKET

TWO LEADING COACHES WILL SHARE THEIR BEST STRATEGIES ON HOW TO REBUILD HEALTH AND WEALTH AS WE CONTINUE TO DEAL WITH THE COVID -19 PANDEMIC AND ECONOMIC CRISIS

# WHAT YOU WILL FIND IN THIS PACK?



WHAT WE DELIVER



HOW WE DELIVER



PROGRAMS AND SEMINARS  
WE OFFER



ABOUT DOC AND NICK

## CONTACT US FOR FURTHER INFORMATION AND BOOKINGS



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Suite 12, 150 Chestnut Street  
Richmond Victoria 3121

# WHAT WE DELIVER

Health improves your Wealth and wealth improves your Health.  
How to live Happier, Healthier, and Wealthier.

Doc and Nick have seen what poor planning and complacency can create in both people's health and wealth. Their passion is to coach Australians on how to avoid pressure of money and health problems and the stress response they create.

Their mission is to get people to get more F's back in LIFE – fruit and vegetables, fish, fun, and financial freedom!

# HOW WE DELIVER



Presentation can go from 20 minutes to a full day workshop



Office and Workplace visits



Staff offsite meetings



Workshop setting



Virtual online catch-up

# WE CAN TAILOR OUR METHODS OF DELIVERY TO YOUR NEEDS INCLUDING:



In person F2F



Virtual Live



Virtual Pre-recorded

## PROGRAMS AND SEMINARS WE OFFER



### Redefining Your Retirement

A thought challenging presentation that will approach the concept of retirement and the basis that was founded on.

It will empower people to help define their own retirement based on their terms, their purpose, and their passion.

It will provide the framework and guidance as to how to go about defining retirement in a forever evolving world.



### The Double-Yolker Philosophy in action

The double-yolker philosophy presentation is the premium how to seminar that is a practical workshop as well as educational to provide people with the right tools and ability to implement the double-yolker philosophy in both health and wealth.

It will cover in detail the practices of the double-yolker philosophy as well as the GPS approach, goals, positioning, and strategy to set clear expectations and standards around the Seven Pillars.

This is a hands-on workshop that will help people redefined retirement and set bigger, clearer, and more passionate goals about the future.



## Sequencing Priorities for your Health & Wealth

Optimal health and wealth can only be achieved by following a defined process. Retirement Domain refers to these as 'sequencing priorities'. Following a correct sequence of priorities and rules will provide a better outcome for people with their health and wealth goals based on proven formulas and guidance to help achieve the best in both areas.

We will explore the correct order of prioritizing and goal setting to formulate the right sequence for the individual in both their health and wealth goals.



## Your Best Immunity & Your Best Retirement Plan

Doc will draw on his lifetime commitment to learning from the longest living people on the planet and help establish the best diet and lifestyle to boost your immunity in turn, improving your health expectancy.

Doc's extensive research and time spent in Okinawa has resulted in some simple yet highly effective findings that people can adapt in their everyday life.

Nick will explore the concepts and strategies to help draft people's best retirement plan.

Here we explore the tried and tested concepts of how to plan and transition into retirement whilst avoiding pitfalls, such as speculating, avoiding certain vices, and addressing the major implications of sequencing risk which is defined as a significant economic crisis occurring in the lead up to retirement or shortly in retirement.

They will deal with reality and provide the best tools to provide clarity and an effective plan to address these things.



## Say NO to Retirement

The presentation is designed to help challenge people's mindset as to how they define retirement as well as set realistic timeframes if this is their intended goal.

It is a fun, exciting and enjoyable seminar, which will introduce a new concept which will provide the benefit of a happier, healthier, wealthier life.

Say no to retirement has been designed for employers and companies that want to retain resources in the workplace longer and help them to live happier and healthier lives whilst also providing the benefits of increased wealth.

It is a corporate offer to help people find a purpose in life which provides a balance of both the work life as well as the fulfilling personal life.



## Health Sense

Health Sense introduces the 'whole person wellness philosophy' into the workplace. It engages employers and educates employees on how to create and maintain a happy and healthy workplace both from a mental and physical perspective. The whole person wellness philosophy is a simple system which introduces the concepts of the double-yolker philosophy, redefining retirement, and Doc's extensive experience with dealing with the longest living people in the world.

We will introduce into the workplace the systems and the requirements to deal with pressure, the mechanisms to help with stress responses, and how to consider a whole person wellness plan which can be implemented by employers and is easy enough for employees to manage every day.



# DR. JOHN TICKELL



Dr. John Tickell is a Medical Doctor, an International Speaker, bestselling author and television personality who has spent several decades travelling and studying the health, well-being and longevity patterns of people around the world.

Doc survived a diagnosis of malignant brain cancer for 12 years now- and still consulting with organizations worldwide!

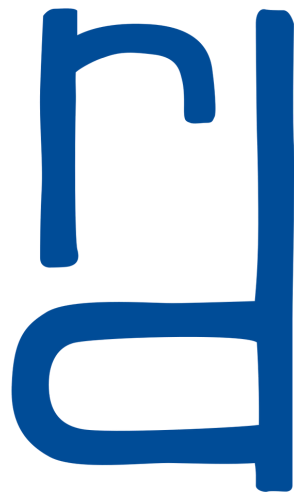
# NICK LONGO

Nick Longo is a Senior Financial Planner and Partner at Relevant Financial who has been in the advice and investment industry for over 20 years.

Committed to ongoing study and research of retiree needs. His specialty is financial security in retirement. He has been a lifelong student of Doc's principles!



# RESTART YOUR IMMUNITY AND FINANCIAL PLAN



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