



**help's inside**

THE HINWOOD INSTITUTE

The Hinwood Institute is the #1 resource to help people to unclutter mess, make order from chaos, and swap the shackles of overwhelm for freedom. Clients using our training, tools, and coaching services move from the relentless hamster wheel of stress, to waking inspired, motivated, making decisions with purpose and achieving peak performance.

We offer three options of distinct pathways for clients to choose from when they are ready to move from Stress to Strength; Developing Emotional Resilience, Time Management, Executive Wellbeing & Performance.

Partner **Michael Massey** is our lead in Executive Wellbeing & Performance. He resides in Phuket and counts amongst his clients; an English Premier League Manager, Ferrari Formula 1 team executive, AFL Brownlow Medalist, and former All Black's as well as C-Suite executives from Fortune 500 companies, and HNWI's.

Michael is resident on the paradise island of Phuket in Thailand since 2003, and speaks throughout Asia to corporations and organizations. He hosts sold-out retreats and has been featured on radio and in newspapers around South East Asia.

## Transforming The Working Wounded To Wellness Warriors



**Michael Massey**

### Rates: Speaking/Facilitation/Training

	Standard	Bespoke
Up to 2 hours	\$375	\$750
Half Day (up to 4 hours)	\$750	\$1,500
Full Day (up to 8 hours)	\$1,500	\$3,000

\$500 per day of travel.

\$100 per night travel allowances

Projector, Audio Equipment and Printing rates available on request.

\*Rates valid until 31 October, 2021

# More on Michael

Michael's story begins with hard-working parents who didn't always have a lot of time available, and who made good with the modest amount they earned by frugality and a disdain for wastefulness.

These formative impressions left their mark, and although Michael was clear he did not want to live a life as a "wage-slave", or be indebted, key characteristics from his parents imprinted and shaped his life; giving value, fairness, honesty, and doing the right thing. A storied career path, that seemed at times more careering than path, provided form, substance and skills to wed to his innate talents in communication and human development. Stints in graphic design, hospitality, management, and wellbeing, interspersed with years in the Pacific Islands and Asia, all contributed to rounding and seasoning him.

Michael places particular importance on the experience of living within different cultures as key to his ability to better navigate the human psyche and behavior. Like most, he has had his own painful chapters of life, and has squared up unflinchingly to those. From



Michael Massey

confronting processes in the rainforest of Australia, retreats in the Sacred Valley of Peru, the Kashmir mountains, and Buddhist temples of Thailand, to periods of silence in nature, he looks in the mirror, seeks out what is not right and works through it. This commitment to continually honing himself reflects in his excellence and ability to serve his clients.

Michael's sessions are known for being intense and transformational. His retreats are fully booked in advance, with limited numbers of participants.

He gets great pleasure from doing nothing at all, walking his dog, and being of useful service. He also loves to ride off-road motorcycles and race go-karts for fun. A life-long chocoholic, he resists all efforts to stop that behavior.

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## Social Media Following:

Facebook Groups - **3500+**    LinkedIn Connections:- **4000+**    Email Database - **5500+**

The Hinwood Institute members have presented or appeared in numerous outlets around the world including

THE AUSTRALIAN  
**Women's Weekly**

CENTRALIAN  
**Advocate**  
CHANGING THE CENTRAL ANGLES

 **CHARLES  
DARWIN  
UNIVERSITY**

 **ABC Alice Springs**

 **Chamber of Commerce  
NORTHERN TERRITORY**

**Yours**

*The Sydney Morning Herald*

**P&O**  
CRUISES

  
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