

Staying Well in the Law: Move & Fuel Practical Tips for Busy Professionals

Wednesday 15 May 2024 – 12.30pm – 1.30pm



Greg Stark

Founder, Better Being and Master Physical Exercise and Nutrition adviser

Greg is the Founder and Director of Better Being. He is the trusted coach for time-strapped, high-flying executives seeking balance and wellbeing in their demanding roles.

Greg's journey into wellness started in the high-pressure world of professional sports, using his deep understanding of exercise science to optimise the performance and health of elite athletes. This foundation provided him a unique perspective, blending the drive of competitive sports with the need for overall wellbeing. He holds a Bachelor's Degree in Sport and Exercise Science, and he is currently completing a Master's degree in High Performance.

His consulting and insights on workplace wellbeing have been embraced by industry heavyweights like Coca Cola Europacific Partners, Origin Energy, and the Commonwealth Bank. These organisations rely on Greg's expertise to instil strategies that combat stress and boost overall wellness, thereby cultivating a healthier, more productive workforce.

Beyond his consulting and coaching roles, Greg is a recognised health expert, sharing his knowledge through The CEO Magazine, Men's Health, and The Australian. He is also the author of 'Sweat Equity', a book that distils his experiences and insights into a guide for personal health and wellness.



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