



# Andre Obradovic



I help you optimise your life: the mental, physical and emotional.

As a speaker, ambassador and one of Australia's leading mindset, health and well-being coaches, it is my mission to inspire people to optimise every aspect of their life, whether that means taking control, working through personal challenges, climbing the corporate ladder, improving sporting performance, or simply living a healthier and happier lifestyle.

Whether you are a stressed executive, a professional sportsperson, or simply wanting to improve your relationships and life in general, I will help you make change and regain control of your life. Together we can work on optimising your mental, physical and emotional strength so you can achieve your goals.

When you focus on optimising these key aspects of your life you will get results. I learned this the hard way. In 2013, after a long career in the military and as a corporate executive, I embarked on a new path that focused on my mental and physical wellbeing. Drawing upon my extensive experience in leadership positions, I trained as a coach and started working with individuals and businesses who wanted to help to overcome challenges, identify goals and achieve real outcomes.

A key part of my transition was my commitment to my health, nutrition and wellbeing, which has changed my life. I am a keen marathon runner, and currently transitioning to triathlons as my competitive sport.

I strongly believe in the power of the brain, the way we think and the importance of food as a medicine for overall health and well-being.

## Memberships:

Member of the Neuroleadership Institute  
Accredited by CIRCADIAN® AUSTRALIA  
Senior Associate, VALIDITY Group  
Victorian Masters Athletic Association  
Triathlon Australia  
USA Triathlon  
Nunawading Triathlon Club

## Qualifications:

Associate Certified Coach (ACC)  
**INTERNATIONAL COACHING FEDERATION**

Diploma of Leadership Coaching and Mentoring  
**FIRE UP COACHING**

Certificate IV in Business and Personal Coaching  
**FIRE UP COACHING**

Mindset Coaching Levels 1 & 2  
**FIRE UP COACHING**

Hermann Brain Dominance Certification  
**HERMANN INTERNATIONAL**

Emotional and Social Competency Inventory (ESCI)  
**HAY GROUP**

FRMS Fatigue Training  
**CIRCADIAN® AUSTRALIA**

Certificate III in Allied Health Assistance & Certificate III in Fitness  
**EXERCISE RESEARCH AUSTRALIA**

Level 1 USA Triathlon Coaching Certification  
**USA TRIATHLON**

MindPT Certified Master Coach  
**MIND POWER TECHNOLOGY**

Certificate IV in Allied Health Assistance (Physiotherapy)  
**(FINAL ASSESSMENT IN JUNE 2016)**

Certificate IV in Fitness  
**(FINAL ASSESSMENT IN JUNE 2016)**

+61 3 9439 0359  
andre@andreobradovic.com  
andreobradovic.com



mental



physical



emotional



# Andre Obradovic

We bring  
professionalism  
energy and  
determination  
everything

Culture is at  
the heart of our  
reinvention

Our  
supp  
trust  
their



I help you optimise your life: the mental, physical and emotional.

As a speaker, ambassador and one of Australia's leading mindset, health and well-being coaches, it is my mission to inspire people to optimise every aspect of their life, whether that means taking control, working through personal challenges, climbing the corporate ladder, improving sporting performance, or simply living a healthier and happier lifestyle.

Whether you are a stressed executive, a professional sports person, or simply wanting to improve your relationships and life in general, I will help you make change and regain control of your life. Together we can work on optimising your mental, physical and emotional strength so you can achieve your goals.

When you focus on optimising these key aspects of your life you will get results. I learned this the hard way. In 2013, after a long career in the military and as a corporate executive, I embarked on a new path that focused on my mental and physical wellbeing. Drawing upon my extensive experience in leadership positions, I trained as a coach and started working with individuals and businesses who wanted to help to overcome challenges, identify goals and achieve real outcomes.

As an ambassador speaker for beyondblue, and a corporate ambassador for Soldier On, I work with organisations to inspire change within individuals and teams, sharing my experiences with mental illness to use neuroscience and the brain to build mental strength and increase resilience. I focus on how we can increase awareness and understanding of anxiety and depression in Australia and to reduce the associated stigma.

A key part of my transition was my commitment to my health, nutrition and wellbeing, which has changed my life. I am a keen marathon runner, and currently transitioning to triathlons as my competitive sport.

I strongly believe in the power of the brain, the way we think and the importance of food as a medicine for overall health and well-being.

## Memberships and professional associations:

Member of the Neuroleadership Institute  
Accredited by CIRCADIAN® AUSTRALIA  
MindPT Certified Master Coach,  
Mind Power Technology  
Senior Associate, VALIDITY Group  
Victorian Masters Athletic Association  
Triathlon Australia  
USA Triathlon  
Nunawading Triathlon Club

## Qualifications:

Associate Certified Coach (ACC)  
**INTERNATIONAL COACHING FEDERATION**  
Diploma of Leadership Coaching and Mentoring  
**FIRE UP COACHING**  
Certificate IV in Business and Personal Coaching  
**FIRE UP COACHING**  
Mindset Coaching Levels 1 & 2  
**FIRE UP COACHING**  
Hermann Brain Dominance Certification  
**HERMANN INTERNATIONAL**  
Emotional and Social Competency Inventory (ESCI)  
**HAY GROUP**  
FRMS Fatigue Training  
**CIRCADIAN® AUSTRALIA**  
Certificate III in Allied Health Assistance  
& Certificate III in Fitness (December 2015)  
**EXERCISE RESEARCH AUSTRALIA**

+61 3 9439 0359  
andre@andreobradovic.com  
andreobradovic.com



mental



physical



emotional