CRIS POPP

SPEAKER
FACILITATOR
TRAINER

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P ERFORMANCE

📱 0438 545 607

@ cris@crispopp.com

📍 Level 6, 401 Collins St,
Melbourne Vic 3000

Ø www.crispopp.com
www.resilienceworks.com.au

INNOVATION
LEADERSHIP
PERSONAL
PRODUCTIVITY
RESILIENCE
CHANGE
POSITIVE
ORGANISATIONAL
DEVELOPMENT

Cris Popp is a sought-after speaker and facilitator. He runs seminars on leadership, high-performance, resilience, innovation, strengths, communication, entrepreneurship and change management. By combining positive psychology with techniques for productivity and performance Cris helps his clients develop thriving workplaces that are good for business, staff and customers.

Cris is not just a trainer but has lived real-world experience. He co-founded Grunbiotics - an Australian-based company developing and launching medical foods into the global market. As COO he proudly oversaw the development of world-first medical nutrition for depression and dementia with global sales in Australia, Europe and

Cris' sessions have been enjoyed by ANZ, Honda, ADF, DMO, Westpac, NAB National, Holden, Lend Lease, the Red Cross, Percepta and event and conference organisers.

He has appeared on radio, in print and at conferences – including the ABC and Channel 10 news, AFR, Hargraves Innovation Conference, the Mind and Its Potential, and is a regular guest at Happiness and Its Causes.

He works closely with Australia's leading executive education and training providers, including Melbourne Business School (MBS), to develop the leaders of Australia's brightest and best organisations.

He lives in Melbourne and counts amongst his interests travel, humour, literature, Buddhism, the outdoors, living well, positive psychology and "extreme" hiking - he has undertaken six of the world's most iconic, and challenging hikes.

He practices what he preaches, and to build his resilience has undertaken a 10-day and several four-day solo hikes in wilderness areas. One day he hopes to complete a mutli-day bushwalk without becoming "geographically challenged" 😉.