

JOHN NOVAK

CIRICULUM VITAE

ACADEMIC

- **Bachelor of Arts, Political Science** 1982 (University of New South Wales)
- **Masters Degree in Political Science** 1987 (George Washington University, USA)
- **Bachelor of Law** 1989 (Sydney University)
- **Practical Legal Training (PLT)** 2002 (University Technology Sydney). Admitted as a Legal Practitioner of the NSW Supreme Court in 2005.
- **Diploma of Health Counselling** 2009 (Medical Register of Australia).

HEAD OF MIND MANAGEMENT- NRL Canterbury Bulldogs

Nov 2011- present

- Development of Holistic Mind Management program for first grade and all other grades
- 2012- Grand Finalists. Minor Premiers.
- 2014- Grand Finalists

MIND MANAGEMENT CONSULTANT 2011- Manly Sea Eagles

Jan 2011-October 2011

- Delivery of a mind management program to first grade team throughout the 2011 season;
- Premiership winners.

HEAD OF SCHOOL- SPORT MANAGEMENT

International College of Management Sydney (ICMS) (2010-2011)

Roles include:

- Management of staff
- Management of all sport management students
- Liaison with industry for work experience placements
- Lecturing and tutoring
- Development, evaluation and quality improvement of the undergraduate and master's programs
- Development of the course curriculum for:
 - 'Player and Performance Management' based on the Boomerang effect. The aim is to equip the sport manager with a variety of skills to enhance and optimise the athletes mind game and performance.
 - 'Innovation of Sports Management'. This subject explores the most innovative and cutting edge sports management areas and tools for the 21st Century.

RESEARCH (2008- present)

- **The outcomes of the Boomerang Effect program in schools** (Current research project in conjunction with Theresa Novak at Sydney University)
- **The effects on performance of a short term Golf Mind Game lecture series.** Conducted at St Michaels Golf Club Sydney & Bankstown Golf Club Sydney. In conjunction with a presentation on the Boomerang Effect Mind Game Program the results of the study were presented at the Positive Psychology Monthly Forum at Monash University April 2009
- **The effects of implementing the Boomerang Effect Mind game strategies program with the First grade and U20's Roosters NRL team.** A paper outlining the findings was submitted to the CEO and coaching staff of the Sydney Roosters
- **The effects of the Boomerang Effect program - 2012 season** – research conducted at the Canterbury Bankstown Bulldogs for First Grade, NSW Cup and NYC players

PUBLISHED WORKS & WRITTEN ARTICLES

2015	Dream Believe Achieve – NRL Publication. Co-wrote chapter - Visualization
2014-15	Boomerang Effect: A resilient mind for health, wellbeing and success - Co-authored by Theresa Novak
2007	BE: Boomerang Effect, Golf Mind Game
2000	The Answers Lie Within- 5 Personal Development Booklets.
1992	Vital – monthly well being articles in magazine
1991	Alive and Kicking; A Common Sense Guide to Well-Being - Co-authored by Shannon Dolan and John Novak

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CONFERENCE PRESENTATIONS

- **Think big, Think together!** Keynote Speech. NRL Welfare, Wellbeing and Education Conference 11-13th November, 2015.
- **Boomerang Effect Resilience and Wellbeing Program** (2x 1 hour presentations). Changing Minds Conference- 14th August 2014, Sydney, Australia.
- **Player and Performance Management– Sport entrepreneurship.** Endeavouring to better equip the sport manager with the tools to optimise the 'human asset'. 25 November 2010 at Sport Management Association of Australia and New Zealand Conference, (SMAANZ) Wellington, NZ.
- **Findings from case studies using an improvement management program to optimise the performance of athletes.** November 2012 at SMAANZ Conference – Shared research conducted at ICMS and Canterbury Bulldogs pertaining to the Boomerang Effect.

SPORTS MOTIVATION/ MIND TRAINING

(Part time 1988-present)

I have worked as a Sports Motivator/Mind Game Trainer/Coach for Elite Athletes who have earned National, International, Australian PGA, LPGA (US Women's Golf Tour), and Commonwealth and Olympic Games recognition.

I have devised and facilitated hundred's of personalised motivation (mind) strategies for elite athletes. The athletes have participated in sports as diverse as football, gymnastics, cricket, rugby, soccer, surfing, swimming, tennis, basketball and golf.

SOME ATHLETES & TEAMS:

- Canterbury Bankstown Bulldogs- 2012- present
- Sydney Kings Basketball 2015
- Manly Sea Eagles- 2011 Premiers
- Kathleen Santosa- National Girls Golf Champion 2011
- Matt Steiger- National Amateur Golf Champion 2011
- Nick Rizzo, Sydney Olympian – Aust. capped 30 times for soccer.
- Jarmila Gajdosova- World ranked Tennis player & Australian Fed Cup player
- Wendy Doolan, LPGA golfer 2004, 2009.
- Samantha Gale- NSW & Australian Hockey Rep.
- Nancy Kemp-Arendt - Luxembourg (2000 Olympics Triathlete)
- Ashad Munas- NSW Cricket Rep and State 100m & 200m Rep.
- Da Silva Tennis Academy.
- Tennis players- Jana Marious Zelba, Andrew Thomson, Dane Propoggia, Katarina Barclay
- Waverley College: First's & 16A's Rugby, First Soccer.
- Hanny Zahra & Kelly Shimmings- World Karate Champions
- Shelly Sandie, Aust. (2000 Olympics Basketball- dual Olympic silver medallist)
- The NSW Karate Team
- Balmain Dockers AFL. 1st & 2nd grade
- Frances Bondad – European Golf Tour
- Adam Melling – World Ranked Surfer
- Georgia Fish – World Ranked Surfer Top 20
- Ritche Vass – MMA Fighter, Big Wave Rider
- Luke McNeill – Xgames Motor Cross
- James Magnussen – 2 x Swimming World Champion, Olympic Silver Medallist 2012
- Melissa Wu- Olympic silver medallist; Commonwealth games & world championship medallist
- Leigh Marning- Rhythmic Gymnast- 3X National Champion. Commonwealth Games 2x silver & bronze medallist.
- Yasmin Dunn – World Cup Swimming Representative.
- Eastern Suburbs Rugby Colts.
- Eastern Edge Elite Swim Team – 3 National Champions.
- National and World Aerobic Champions- Anton Scott, Lucy Lisbona, Rob Delabona.
- Tyson Williams, Aust. (World Body Board Champion)
- Clancy Pye, Aust (NSW Surf Board Champion)
- Iron Men & Women in Uncle Toby's Series 2000, 2001
- Macarthur Park Soccer Club 14's, 15's, 16's.
- Shaun O'Connor- 2007/08 Australian Mountain Bike Champion
- Norths Rugby 2010
- Bronte Surf Life Saving Club - Senior Women's National RR Team
- NSW State of Origin U16's - 2009
- Matriville Sports High – Rugby League & Basketball Elite Programs
- Roosters NRL Team – 1st Grade & 20's, 2009.
- NSW Women's Rugby Team
- Ewan Porter – British Open, Moonah winner 2008
- Kurt Barnes – 2009 Japanese Tour School Winner. British Open 2010

SPORTS PERFORMANCE REVIEW/REPORTS

2014 Red Bull V8 Racing Team- Holistic assessment of performance and comprehensive report

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LIFE COACHING (2000- present)

I have worked with a variety of people in this capacity, including HSC students, professionals in numerous occupations, academics, ex-professional athletes and artists; e.g.; David Humphries, a Sulman Award Winner. I assisted David in 2003 to reinstate the historic 'Peace, Justice and Unity' Mural on the corner of Pitt and Park St, Sydney, Australia.

VIDEOS

2014	Boomerang Effect Schools Project & Boomerang Effect Youtube Channel
2002	Karatecise – Producer of in-house video for Flight Centre.
2001	Redwood Anti-Ageing video- Producer and presenter.
1994	Aussie Fit- Range of 8 videos- Producer and Presenter
1990	Aerobic Oz Style- co-hosted video

SPEAKING (1989- present)

I have spoken on a wide range of topics ranging from Health & Fitness, Wellbeing and Diet, Stress Management, Motivation, Leadership, and Sports Mind Game strategies. My audiences have been very diverse including school children, elite athletes, underprivileged youth, Women's Groups, Working Professionals, Business People, Fitness professionals and charitable organisations.

- The CEO Institute 2016
- EO- Entrepreneurs Organisation, NSW Chapter 2014
- YPO- Young Presidents Organisation, Victorian Chapter 2013
- Canterbury Bulldogs Sponsors 2012, 2013, 2014, 2015, 2016.

I have delivered several lecture series over the past decade for:

- St. Michaels Golf Club Sydney 2008, 2010, 2012, 2013, 2014, 2015, 2016.
- Australian Golf Club Foundation. 2011
- First grade and U20's Roosters NRL team 2009
- BE Monthly Speaking Series sponsored by Miranda Hotel 2009
- BE Monthly Speaking Series held at North Wollongong Surf Club 2009
- Bankstown Golf Club Sydney 2008
- Western Sydney Institute of Sport (Golf) 2006
- Jack Newton Junior Golf Foundation 2004, 2014
- EL Mortgages 2002
- National Institute of Accountants 1994-96
- MBF State wellbeing speaking tour 1994

Other speaking clients include: • KIA Motors • ANZ Bank • DE Coffee (Douwe Egberts Coffee & Tea) • Jaycars • Canterbury Pty Ltd • Campari • Greenwood • EDL • NSW Police Force • Ernst & Young • Pepsi Co • Telstra • Reebok • Alcon • MBF • Today FM • Munich Insurance • TAFE • National Heart Foundation • Quit For Life • GIAI Academy • International Association of Fitness Professionals • Business and Professional Women • Starlight Foundation • SIDS • Uncle Toby's Ironman Super Series • ANZ Bank • Marketing Women Mentor Program • Law Australia • Flight Centre • Hooker Real Estate – Bondi Junction • Commonwealth Bank – Retail Division • Rheem • TOT Transport • Greenwood Child Care Centres • KIA • CEO Institute • ANZ •

MOTIVATION SPEAKING FOR SCHOOLS & YOUTH ORGANISATIONS (Part time. 1994 – present)

2015	St Therese, Parents & Friends – Resilience in Students
2015	Champagnant College, Pagewood
2015	Mount Carmel Catholic College, Varroville.
2015	De La Salle College, Revesby
2015	St Michaels Catholic Primary, Leadership group.
2015	Independent schools PDHPE departments (IPSHA)
2014-2016	Jack Newton Junior Golf

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2014	St Therese, Mascot- Staff motivation and leadership
2013	St Therese, Mascot- Student Leadership
2012/13	St Joseph's College – Boomerang Effect Basics for the HSC
2011	Mosman High School – Essentials of Motivation
2010	PLC- series of speeches
2009	Matraville Sports College
2007-2009	Croatian Youth Conference – Convenor
2006	Waverley College - First's Rugby.
2005	Waverley College - First's Rugby, Second's Rugby, 16 A's and First's 11 Soccer
2003-2005	Jack Newton Junior Golf Foundation - Speeches and writing
2001	Double Bay Public school- Mind and Body workshops for children.
2000	Cranbrook, Keynote speech – ‘Have a go!’
1999	Cranbrook parents and athletes, Keynote speech “The road to success”. SCEGG'S Senior Rowing Team- Series of motivation seminars.
1998	Wenona Ladies College Athletes. Series of 15 seminars for rowing, athletics, tennis and swimming representative students Year 12 Students Wenona Ladies College. 3 seminars on Stress Management, Study Skills and Motivation. SCEGG's Girls School- Year 12 students. SCEGG's- Motivation for athletes (swimmers). Combined Independent Schools (CIS)- Speech to all School Captains and Prefects. Topic: Leadership and What it constitutes.
1997	Motivation Seminar for Wenona Ladies College
1996	St. Joseph's Primary School- Maroubra: 'Lifestyle options in the future and exercise for children'
1994	Cranbrook High: 'Fitness for Children- practical theory'.

TELEVISION - Presenter

2006	Fuel TV- Cable TV (Australia)- Short Movie: Thankyou Surf!
1998-1999	Bert Newton Show- regular info-mercials
1997	Several Info-mercials-screened nationally and internationally
1996	Monday to Friday- Regular Fitness and Lifestyle segment
1991	Good Morning Australia-Regular Health and Fitness Presenter
1986-1990	Aerobics Oz Style- Co-host

RADIO & TELEVISION INTERVIEWS

Channel 9 News Boomerang Effect and Josh Reynolds
Channel 7 News re: James Magnussen 2013
Sydney Morning Herald interviewed re: Richie Vass UFC (digital article)
Numerous articles on athletes in SMH and Telegraph 2012-2015
A Current Affair • Wide World Of Sport • MTV • Live It Up • Ray Martin Show • Allan Jones, 2UE • Andrew Olle, 2BL • Bert Newton • 2UE - Brian Bury • 2QR • 4QR • 3UZ 2GF Grafton • 2GZ Orange • SKY Channel • NBN • Funniest People • Live It Up • 2GB • 2DAY FM • Triple M • TRIPLE J • ABC Grandstand • ABC Talk Back - Overnights with Ingrid Just • James O'Loghlin - ABC • Sport 927 – Hamish Neale •

FITNESS LEADER

1998-2000	Re-launched Kickfit program and conducted train the trainer program for 10 Healthland clubs.
1980-2000	Aerobics Instructor- Healthlands, Bondi Junction and Fitness First Gyms.
1995-1996	Created Kickfit © Karate based fitness program. Presented and trained instructors in the Kickfit program.
1990-1996	Guest Instructor throughout Australia.
1994	Presented at IDEA, International Fitness Convention in Las Vegas presented on motivation.
1988-1992	Step Reebok Train the trainer for NSW Fitness Network.
1990-2001.	Presented at various lectures at the National FILEX Fitness Convention in Sydney

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CHARITY

- 2015 Campagnant – Marist Bros. Pagewood. Resilience. Parents & Friends.
2013 Beyond Blue – sat on panel discussing Mental Health challenges in NRL.
2012/13 NRL – Indigenous HSC students in Western Suburbs of Sydney
2001 Auctioneer/MC for Eastern Edge Auction
1999 Liverpool Girls High School- motivation presentation for a Charity day.
1997-2000 Creator and co-coordinator of the Fair Go Campaign, established for athletes who need financial support for the Sydney Olympics.
1996 St. Joseph's Primary School- Maroubra: Lifestyle options in the future and exercise for children.
1995 LIFETIME- Workshop for unemployed youths in the Sutherland Shire
1993 Discussion Group at Healthlands Bondi Junction covering various topics. Proceeds went to fostering a child in Africa- Emmely.
1992 Young Variety Club Christmas Party
1991 Starlight Foundation.
National Heart Foundation - Power House Museum.
Diabetes Day - Darling Harbour.
S.I.D.S. Celebrity Challenge - Sudden Infant Death Syndrome.
The Royal Children's Hospital.
"Lolli Pop Radio'- Camperdown Children's Hospital
2GF Grafton - Quit for Life: Stop Smoking Campaign

OTHER ACHIEVEMENTS

- 1995 Press Release on behalf of FICA (Fitness Industry Confed. of Australia) & APRA (Australian Performing Rights Association).
1993 Writing the first speech for the Croatian Representative to Australia
Presented at the Canberra Press Club
1991 Co-host Uncle Toby's Ironman Super Series- Bondi Beach and Manly
Australian Youth Choir- MC.
1988-1989 NSW Federation of Karate-Do, Vice President
1984-1985 George Washington University, Foreign Student Representative
1981-1983 Mackenzie Bay Board Riders, President