



EPISODE 14 - Nigel Marsh

Introduction

I've been a big fan of guest for today's episode ever since seeing him deliver a keynote speech at a big-ticket vet conference. I knew immediately that I wanted to hear more about what he had to say. His message resonated strongly with me personally, and with the entire audience of vets there that day. It's a message that we here at the Vet Vault think will be very valuable to all of you, our listeners, so we were thrilled when he agreed to spend some time with us.

Nigel Marsh is a Management consultant, communications specialist, author and entrepreneur.

He is best known for his creative pursuits. As well as the author of three books – Fat, Forty and Fired, Overworked and Underlaid and Fit, Fifty and Fired-Up – he is also the co-founder of Earth Hour and the founder of the Sydney Skinny. Fat, Forty and Fired is currently being developed into a major TV series.

The other side to Nigel's career is his 30+ years experience in the commercial sector. Over that time Nigel has worked with a huge variety of organisations. From the highest profile (McDonalds, Canon, Pepsi, P&G, Virgin, Mars, Fiat, Colgate), to national governments and local enterprises. Whether dealing with big business issues or social engineering, Nigel has provided strategic counsel and impressive results in almost every category imaginable.

Highly in demand as a public speaker Nigel travels the globe regularly giving speeches to major corporations on both his business and personal views. His TED speech on work/life balance remains the most viewed ever given outside of America with well over four million hits.

And this, dear listeners, is why we are talking to Nigel on our veterinary podcast. Because us vets are not always that great at finding that elusive work life balance. We've had some interesting discussions with other guests on this podcast on this topic: what is work life balance? Does it even exist, and is it something that we should be pursuing?

So we've called in the big guns: please join us in this highly insightful discussion all about work life balance with one of the leading thinkers on this topic: Nigel Marsh.



Show notes

<https://nigelmarsh.com/>

Nigel's books: <https://nigelmarsh.com/books/>

Nigel's hit TED talk: https://www.ted.com/talks/nigel_marsh_how_to_make_work_life_balance_work?language=en

Favourite podcast: <https://hornetheaven.com/>

Favourite TED talks:

How to start a movement, Derek Sivers: https://www.ted.com/talks/derek_sivers_how_to_start_a_movement?language=en

Make love not porn, Cindy Gallop: https://blog.ted.com/cindy_gallop_ma/