



Tom Cronin is the founder of The Stillness Project, a global movement to inspire 1 billion people to meditate daily, and Producer and Writer of the film and book The Portal.

Tom discovered meditation in the early stages of his successful 26 yr career in finance as a tool for stress management.

Tom's experiences through the meditation were not only immediate but very profound. He explored deeper into the realms of his meditation practice and Eastern philosophy, and after completing his teacher training in Bali, India and Australia, he qualified as a meditation teacher.

Tom has been teaching meditation for top level companies in Australia, from Nova Fm, CBA, Rivkin Finance, Criteo and Fairfax Media. He has been on national TV (Morning Show Channel 9), he has been featured in Vogue magazine, The Daily Telegraph, Business Review, Conde Naste Traveller, and Sydney Morning Herald.

He has written for The Huffington Post, Mind Body Green and Finerminds and currently has 6 books published.

Tom has also spoken on stage presenting keynote talks in Mexico, Malaysia, USA, Bali and Australia.

**Tom Cronin is available to speak and interview on the following subjects:**

- How to optimise the brain for increased productivity
- Unlocking the minds infinite creative capacity
- Why stress is ruining your company and how to minimise it for success
- How to achieve a happy healthy work place
- Why the world's top companies like Nike, Google and Apple are turning to meditation
- How to set your visions and map out your magnificent future