

# Tim Bean

INTERNATIONAL PHYSIQUE SPECIALIST & MOTIVATIONAL SPEAKER



Tim Bean is a leading Physique Specialist, Motivational & After-Dinner Speaker who regularly presents to business organisations and at high-profile conferences and events. Referred to as “The Merciless Mr Bean”, Tim, whose clients include prominent business people and celebrities, is a compelling and highly engaging speaker who challenges, informs, incites and inspires audiences around the world with his profound message - **“Anyone can boost energy, engagement and performance by being in better shape. People who are in better shape are less stressed, happier and perform better – and so do their companies”**

An experienced, passionate and eloquent speaker, Tim is a graduate of the Bill Gove Corporate Speakers Programme (USA). He has the ability to instantly connect with an audience. His speaking style is full-on, direct and enthusiastic and he injects his quirky sense of humour and energy into all his presentations. His powerful ‘merciless’ persona commands attention and respect. Tim Bean is a formidable thought-leader on optimal wellness. Native from New Zealand, he now lives in the UK with his business partner, Anne Laing, a former National Physique Champion, wellness expert & author.

Tim is co-founder of The Institute of Physique Management, a private practice that takes prominent business people and celebrities through customised physique, lifestyle & wellness management programmes via The Hard Edge™ [www.iopm.co.uk](http://www.iopm.co.uk) & [www.thehardedge.com](http://www.thehardedge.com)



*“Tim Bean recently spoke at a major Institute of Directors conference for members and business leaders. The topic of fitness and well being is not an obvious one, however with the increasing pressures and stresses facing the business person the need for good health in a high pressure environment is rapidly becoming increasingly important. Tim delivered an extremely thought-provoking and informative address [and] received the best feedback on the day from the delegates... We would be delighted to have Tim back to address IoD members again.” - Institute of Directors, London*

*“I consider Tim Bean to be an excellent professional presenter. The first of the many (workshop) sessions had a duration of 6 hours, and Tim held the audience’s attention for the entire time. The contents were interesting, enlightening and informative along with a little humour that was very well received and appreciated by all concerned. - Ken Smith, CEO*



*“This really struck home. When so much of what we rely upon happens in our heads as businesspeople, it’s not something we ever think about seriously! This seminar was powerful and challenging, and you just sit there thinking, “I have no answer for that.” – Curtis Adams.*

*“Wow – this has given me plenty to think about!” – Roger Trapp, The Independent, Business Extra*

*“Being an events organiser I have seen a great many speakers, some are good - some are great. Tim fits into the “exceptional” category. Following his dynamic and hugely popular keynote speech our workshop has subsequently been over-booked with 120 people registered for the 50 places we originally offered - and rising!!” - Elizabeth Welch, Combined Institute of Chartered Accountants, London.*

*“Tim was brilliant yesterday...I just wanted [to say] how delighted we were.” - Institute of Directors, West Midlands.*



*“This programme will reshape your body - and your mind!”*



Tim is co-author of **“Turn Back Your Age Clock - look and feel 20 years younger in only 8 weeks”** (Hamlyn 2009), Written together with his business partner; wellness and longevity expert, Anne Laing.

[www.turnbackyourageclock.com](http://www.turnbackyourageclock.com)

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Tim Bean has not always enjoyed such great health. In his early 20's he weighed a hefty 18 ½ stone as a result of a high junk food diet and no exercise. Consulting his Doctor for some underlying health issues, Tim was told that he would not see past the age of 30 unless he radically adjusted his approach to nutrition and exercise.

It was at this point he made the seriousness commitment to focus on his health, physique and better eating. In doing so he turned his body and his life around. Tim knows what it feels like to live in an overweight and dysfunctional body.

His wisdom, insights, expertise, reputation and credibility now help professional men and women get stronger, healthier and happier for the right reasons and, in doing so, raise their professional game and the productivity and performance of the organisations they work for.

Now known in London's social circles as "The Merciless Mr Bean", he recently co-hosted Channel 4's internationally acclaimed TV series **Turn Back Your Body Clock**. For 17 years prior to this Tim, together with his wife and business partner, Anne, has been co-owner of a large health and wellness club, and hosted a weekly radio show on health, personal performance, training, nutrition, weight loss, de-stressing and de-ageing strategies.

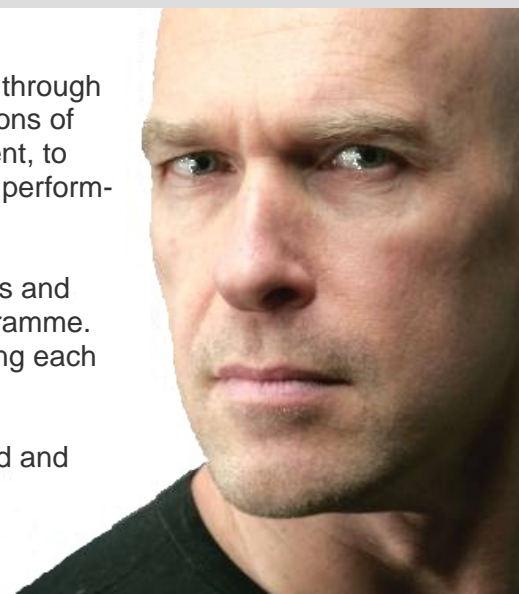


Heralded as London's Top Health Gurus by The Telegraph, Evening Standard, London Magazine, Tatler and The Times, physique champions Tim and Anne have also appeared on GMTV with Lorraine Kelly, Discovery Health Channel, Sky TV and a special feature on CBS News following some of the high profile clients they work with.

As well as guiding an exclusive list of private individuals and celebrities through personal physique makeovers, they have recently extended the operations of their latest business venture, London's Institute of Physique Management, to lead executives and senior management teams through their corporate performance programme called "The Hard Edge".

"The Hard Edge™ takes high net worth private clients, senior executives and corporate teams through a customised wellness and performance programme. The changes they produce are both significant and dramatic in optimising each person's potential to perform at a higher level.

Tim also works in partnership with the Physician to the Royal Household and other high-profile medical and health professionals.



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