

# JASON GILBERT



## SPEAKER BIO

### SHORT BIO

Jason Gilbert has spent over 30 years transforming lives. His journey, which began with severe back pain and spinal surgery, has given him unique insights into the root causes of health challenges, whether they're related to workplace ergonomics, emotional struggles, biomechanical issues, or nutrition imbalances. Jason has reached tens of thousands through hands-on treatments, corporate wellness programmes, talks, workshops, university courses, and television shows. As an author, speaker, and online course host, he equips others with the knowledge to achieve optimal health and performance. His passion for helping others shines through in every interaction, inspiring audiences to begin their own journeys towards wellbeing.

### LONG BIO

Jason is a renowned corporate speaker specialising in spinal health and wellbeing. With over 30 years of experience, he is passionate about optimising human performance and has empowered tens of thousands to transform their lives by restoring function to the spine and body. Jason's presentations are impactful and inspiring, focusing on key elements often overlooked in corporate settings, such as stress management, performance optimisation, work posture and ergonomics, spinal health, mindset, and general wellbeing.

Jason's journey began as a child suffering from constant spinal pain, which fuelled his pursuit of a Bachelor of Science and a Master's degree in Chiropractic. His practice expanded to include various modalities, enabling him to work with professional athletes, including the World Surfing League for 20 years. Jason was invited to help establish the first Chiropractic course in Latin America, dedicating two decades to health education. He has also worked with corporations in São Paulo and worldwide, focusing on minimising the health effects of a corporate lifestyle and enhancing workplace performance. This was achieved by imparting employees with knowledge on nutrition, stress management, emotional health, and exercise. Spinal care education became a cornerstone of his approach, helping individuals avoid surgery by transforming detrimental work habits and introducing positive movement patterns and nutritional practices. Ironically, Jason himself underwent spinal surgery in 2014, partly due to incorrect work posture, further fuelling his dedication to teaching others how to prevent pain and dysfunction in their spine.

Drawing from his wealth of knowledge and personal experience, Jason's presentations provide practical tips and strategies applicable to employees' daily lives, both at work and at home, enhancing their performance on every level.

As the Dalai Lama once remarked, "Humans sacrifice their health in pursuit of wealth, then spend their wealth to regain health."

The detrimental effects on a person's health and well-being, however, are easily avoided when they are empowered with the fundamental knowledge regarding such aspects as work-life balance, correct work posture, diets, and exercise routines conducive to performance and more.

Jason's classes and workshops leave participants inspired and equipped with the information necessary to not only enhance their work performance but also transform their overall wellbeing, making an investment in his corporate classes essential for a team's health on every level.

Throughout his career, Jason has shared his expertise and insights with dozens of companies worldwide and has been featured on TV and media including Channel 10, Channel 9, Sky News, ABC Radio, and Vogue Magazine, to name just a few.

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